

Health Benefits of Physical Activity for Adults

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IMMEDIATE
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.
Niaman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

Immediate Benefits

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 - Improves sleep quality
2. **Less Anxiety**
 - Reduces feelings of anxiety
3. **Blood Pressure**
 - Reduces blood pressure

Long-term Benefits

Regular physical activity provides important health benefits for chronic disease prevention.

1. **Brain Health**
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2. Heart Health

- Lowers risk of heart disease, stroke, and type 2 diabetes

3. Cancer Prevention

- Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

4. Healthy Weight

- Reduces risk of weight gain

5. Bone Strength

- Improves bone health

6. Balance and Coordination

- Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.^{1,2}

1. Nieman, D. C., & Wentz, L. M. (2019). The compelling link between physical activity and the body's defense system. *Journal of sport and health science*, 8(3), 201-217.
2. Jones, A. W., & Davison, G. (2019). Exercise, Immunity, and Illness. In *Muscle and Exercise Physiology* (pp. 317-344). Academic Press.

Source: [Physical Activity Guidelines for Americans, 2nd edition \(Chapter 2, page 32\)](#)  [PDF-15.2MB] 

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Page last reviewed: March 30, 2021