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# Physical Activity



Regular physical activity has benefits across the lifespan ([Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition](#) ). Among children, it can improve fitness, bone health, attention, and some measures of academic performance. Among adults, it can lower the risk of high blood pressure, improve mental health, reduce arthritis, and prevent weight gain. And among older adults, physical activity can reduce the risk of falling, improve balance and joint mobility, prevent weak bones and muscle loss, and delay onset of cognitive decline.

## Task Force Findings

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# Community Guide And Physical Activity

**N Colangelo**



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