



## A MINUTE OF HEALTH WITH CDC

### *Activate Your Body*

*Physical Activity Among Adults Aged  $\geq 50$  Years — United States, 2014*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

As people age, it gets tougher to be physically active. Finding ways to exercise on a regular basis is important for maintaining good health. More than one in four U.S. adults 50 and older are physically inactive. For those with certain chronic conditions, the percentage is much higher. Older adults can alleviate the severity of some conditions and delay the onset of others by staying active. *Any* activity, from gardening and household chores to walking and swimming, can be beneficial. If you suffer from a chronic condition, check with your health care provider about a regimen that's safe and helpful for you.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*