

**Table 2-1. Health Benefits Associated With Regular Physical Activity**

<b>Children and Adolescents</b>
<ul style="list-style-type: none"><li>■ Improved bone health (ages 3 through 17 years)</li><li>■ Improved weight status (ages 3 through 17 years)</li><li>■ Improved cardiorespiratory and muscular fitness (ages 6 through 17 years)</li><li>■ Improved cardiometabolic health (ages 6 through 17 years)</li><li>■ Improved cognition (ages 6 to 13 years)*</li><li>■ Reduced risk of depression (ages 6 to 13 years)</li></ul>
<b>Adults and Older Adults</b>
<ul style="list-style-type: none"><li>■ Lower risk of all-cause mortality</li><li>■ Lower risk of cardiovascular disease mortality</li><li>■ Lower risk of cardiovascular disease (including heart disease and stroke)</li><li>■ Lower risk of hypertension</li><li>■ Lower risk of type 2 diabetes</li><li>■ Lower risk of adverse blood lipid profile</li><li>■ Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach</li><li>■ Improved cognition*</li><li>■ Reduced risk of dementia (including Alzheimer's disease)</li><li>■ Improved quality of life</li><li>■ Reduced anxiety</li><li>■ Reduced risk of depression</li><li>■ Improved sleep</li><li>■ Slowed or reduced weight gain</li><li>■ Weight loss, particularly when combined with reduced calorie intake</li><li>■ Prevention of weight regain following initial weight loss</li><li>■ Improved bone health</li><li>■ Improved physical function</li><li>■ Lower risk of falls (older adults)</li><li>■ Lower risk of fall-related injuries (older adults)</li></ul>

**Note:** The Advisory Committee rated the evidence of health benefits of physical activity as strong, moderate, limited, or grade not assignable. Only outcomes with strong or moderate evidence of effect are included in this table.

\*See [Table 2-3](#) for additional components of cognition and brain health.