The Countless Benefits of Physical Activity

**Cognitive Health and Mental Well-Being**

- **Runners:**
  - 7 hours added to your life every 1 hour spent running
  - 3 years longer life than the average non-runner
  - 40 percent lower risk of premature death

- **Physically active 1-2 times per week were:**
  - 41% less likely to die of heart disease.
  - 30% less likely to die of any cause.
  - 18% less likely to die from cancer.

- **Actively men and women stood to gain:**
  - 2-5 more years of life, depending on how often and how intensely they exercised.

- **Of jogging 5 days a week leads to a cellular age, based on telomeres, that’s 9 years younger than that of sedentary adults.**

**Physical Health**

- **Expectancy:**
  - 15 minutes of moderate-intensity physical activity a day will increase life span by 3 years.

- **Those who walked have lower rates of heart disease by 27%.**

- **Researchers found that inactive adults were:**
  - 44% more likely to experience depression.

- **Researchers found people who exercised more than three times a week were:**
  - 34% less likely to be diagnosed with dementia than those who were less active.

**General Health**

- **Adults who sat six or more hours per day when not working were more likely to die during the study than those who logged less than three hours of chair time.**

- **Exercise is the only known way for a healthy adult to boost deep sleep.**

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Vitality