

## Why Should You Exercise?

- Lower overall mortality. Benefits are greatest among the most active persons but are also evident for people who report only moderate activity.
- Lower risk of coronary heart disease. The cardiac risk of being inactive is comparable to the risk from smoking cigarettes.
- Lower risk of colon cancer.
- Lower risk of diabetes.
- Lower risk of developing high blood pressure. Exercise also lowers blood pressure in people who have hypertension.
- Lower risk of obesity.
- Improved mood and relief of symptoms of depression.
- Improved quality of life and improved functioning.
- Improved range of motion in joint function in persons with arthritis.
- Lower risk of falls and injury.
- Improved quality of sleep.

Brill, Patricia A. *Functional Fitness for Older Adults*. United Graphics, 2004.

**Service Hours:** 8:00 a.m. - 7:00 p.m.  
(Facility hours may vary) 8:00 a.m. - 6:00 p.m.  
8:00 a.m. - 1:00 p.m.

**Clinic Location:** 3921 - 30th Avenue  
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*Located in Washington Plaza*

Monday  
Tuesday, Wednesday, Thursday  
Friday

