



Benefits of being active.

Physical

Keeping active keeps your muscles and bones strong and your heart and lungs healthy. Being fit and strong can:

- lower your chance of having a fall
- help you stay in your own home
- help you to feel more energetic and sleep better at night
- reduce your risk of heart attack, stroke, high blood pressure and type 2 diabetes. If you already have any of these conditions, being active can help to manage them.

Mental health

Being active is one of the best ways to help:

- manage stress
- reduce the risk of anxiety and depression
- concentration and improve your memory.

Social

Getting out and being active is a great way to connect with your friends and family. Some ideas include:

- spend time playing with your grandchildren
- go for a walk with friends
- join a physical activity group to meet new people.

Budget

- Walking can help to save petrol, benefiting the environment and your wallet!
- Staying healthy can reduce your healthcare costs in the long-term.

Healthy Ageing Tasmania

 health.tas.gov.au/healthyageing

 community.nutrition@health.tas.gov.au

*Funded by the Australian Government Department of Health.
Visit the Department of Health website (www.health.gov.au) for more information.*

