

## PHYSICAL ACTIVITY: SOME OF THE POTENTIAL BENEFITS

30% lower all-cause mortality comparing most active individuals with least active.  
Even 10 minutes of brisk walking a day is likely to reduce mortality by up to 15%, irrespective of baseline fitness

30-40% lower risk of metabolic syndrome and type 2 diabetes

20% lower risk of breast cancer

20-35% lower risk of cardiovascular disease

Walking is strongly associated with lower body fat, more so than playing sports

Reduction in incident osteoarthritis by 22-83%

20-30% lower risk of depression & dementia

Walking gives better relief from low back pain than specific exercises

30% lower risk of colon cancer

30% reduction in falls for older adults

