



Small steps, big results

Looking to lose weight? Or do you just want to feel better overall? With regular exercise, you can increase your energy levels, get stronger, and help prevent illness.¹ Even small changes to your daily routine can make a big difference.

Healthy body

Whether you're walking the dog, doing yoga, or lifting weights – it all counts as exercise.

Regular exercise tones your muscles, strengthens your bones, and helps you manage your weight. It can also lower your risk for heart disease and increase your chances of living longer.¹

Healthy mind

Being physically active seems to improve memory and attention.²

For young people, exercise increases learning.¹ In older adults, research shows that regular exercise lowers the risk of developing dementia, including Alzheimer's.²

Healthy spirit

Physical fitness boosts your ability to deal with everyday challenges.

Exercise can improve your sleep, reduce anxiety, and lower your risk for depression.² It also helps you fight off infections and improves your balance and coordination.^{1,3}

Visit kp.org/fitness for more tips and information.

1. "Benefits of Physical Activity," Centers for Disease Control and Prevention, April 24, 2024. 2. [Physical Activity Guidelines for Americans](#), U.S. Department of Health and Human Services, 2018. 3. "Health Benefits of Physical Activity for Adults," CDC, March 24, 2024.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057