



# Benefits of Physical Activity Among Older Adults



## Brain Health

improves cognitive function, and reduces anxiety & depression.



## Heart Health

reduces blood pressure & risk of cardiovascular diseases.



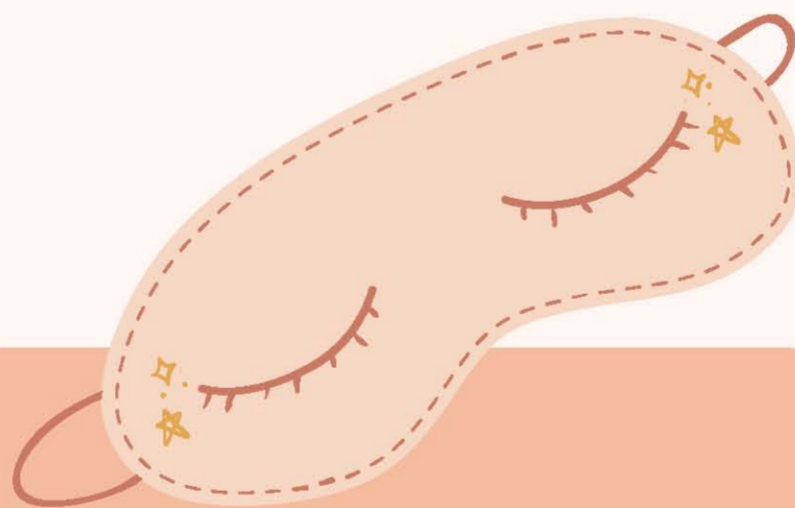
## Balance and Coordination

reduces the risk of fall



## Quality of Life

Independent living, improves mood, social connectedness & confidence



## General Well-being

Improves sleep quality, reduces insomnia



## Physical Health

maintains body weight, improves bone health & strength

To register with Geneviève and Anna-Leigh, please call 613-591-3686 extension 333. Looking forward to see you all in Zoom!