



Fit for life.

Your body was made to move.

If there were a magic pill to prevent aging, the closest thing would be exercise. Daily activity helps prevent obesity, heart disease and diabetes – not to mention, it keeps you feeling great. Regardless of age, adults should aim for 150 minutes of moderate-intensity aerobic exercise every week or 75 minutes of vigorous exercise per week. Incorporate both aerobic activity and strength training into your routine for maximum benefits.* But as you move through decades, there will be some adjustments that need to be made and limitations to account for.

Let's break it down by age.



In your 20s and 30s

This is a great time to build a good relationship with exercise. Try out different classes and find an activity you really enjoy. Muscle mass and bone density start to decline in your 30s, so make sure strength training is part of your routine.**

Ideas: Running, spinning, kickboxing, strength training



In your 40s and 50s

During middle age, our metabolism starts slowing down, making it easier for weight to creep on. You may also start experiencing new aches and pains. Switching to lower-impact exercises can help.**

Ideas: Walking, biking, swimming, yoga, strength training



In your 60s and beyond

Continue aerobic exercises as well as strength training activities and remember to warm up and cool down to avoid injuries. As you become more at risk for falls, help prevent them by adding balance-boosting activities.**

Ideas: Water aerobics, chair exercises, dancing, tai chi, stretching

*U.S. Department of Health and Human Services. "Physical Activity Guidelines for Americans." https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf. Page last reviewed February 1, 2019.

**American Academy of Family Physicians. "Sports and Exercise at Every Age." <https://familydoctor.org/sports-and-exercise-at-every-age/>. Page last reviewed September 23, 2020.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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