

Physical Activity-Related Health Benefits for the General Population and Selected Populations

Children	
3 to <6 Years of Age	Improved bone health and weight status
6 to 17 years of age	Improved cognitive function (ages 6 to 13 years) Improved cardiorespiratory and muscular fitness Improved bone health Improved cardiovascular risk factor status Improved weight status or adiposity Fewer symptoms of depression
Adults, all ages	
All-cause mortality	Lower risk
Cardiometabolic conditions	Lower cardiovascular incidence and mortality (including heart disease and stroke) Lower incidence of hypertension Lower incidence of type 2 diabetes
Cancer	Lower incidence of bladder, breast, colon, endometrium, esophagus, kidney, stomach, and lung cancers
Brain health	Reduced risk of dementia Improved cognitive function Improved cognitive function following bouts of aerobic activity Improved quality of life Improved sleep Reduced feelings of anxiety and depression in healthy people and in people with existing clinical syndromes Reduced incidence of depression
Weight status	Reduced risk of excessive weight gain Weight loss and the prevention of weight regain following initial weight loss when a sufficient dose of moderate-to-vigorous physical activity is attained An additive effect on weight loss when combined with moderate dietary restriction
Older Adults	
Falls	Reduced incidence of falls Reduced incidence of fall-related injuries
Physical function	Improved physical function in older adults with and without frailty
Women who are Pregnant or Postpartum	
During pregnancy	Reduced risk of excessive weight gain Reduced risk of gestational diabetes No risk to fetus from moderate-intensity physical activity
During postpartum	Reduced risk of postpartum depression

Individuals with Pre-Existing Medical Conditions	
Breast cancer	Reduced risk of all-cause and breast cancer mortality
Colorectal cancer	Reduced risk of all-cause and colorectal cancer mortality
Prostate cancer	Reduced risk of prostate cancer mortality
Osteoarthritis	Decreased pain Improved function and quality of life
Hypertension	Reduced risk of progression of cardiovascular disease Reduced risk of increased blood pressure over time
Type 2 diabetes	Reduced risk of cardiovascular mortality Reduced progression of disease indicators: hemoglobin A1c, blood pressure, blood lipids, and body mass index
Multiple sclerosis	Improved walking Improved physical fitness
Dementia	Improved cognition
Some conditions with impaired executive function (attention deficit hyperactivity disorder, schizophrenia, multiple sclerosis, Parkinson's disease, and stroke)	Improved cognition

Note: Benefits in **bold font** are those added in 2018; benefits in normal font are those noted in the 2008 Scientific Report.¹ Only outcomes with strong or moderate evidence of effect are included in the table.

This table is from the 2018 Physical Activity Guidelines Advisory Committee Scientific Report, February 2018, Part D: Integrating the Evidence. Visit <https://health.gov/paguidelines/second-edition/report.aspx> to access the entire report.