

# Healthy Aging and Wellness

Studies show regular exercise can reduce the risk of a major illness, improve your mental health and mood, and support your overall health and wellbeing—regardless of your age.

The Centers for Disease Control and Prevention (CDC) reports that physical activity helps older adults maintain the ability to live independently and maintains healthy bones, muscles, and joints, in turn reducing the risk of falling and fracturing bones<sup>1</sup>. Increasing physical activity can also prevent bone loss, relieve osteoarthritis pain, and help prevent chronic diseases in older adults<sup>2</sup>.

Whether you're looking for ways to retain or gain strength as you age, prevent injury, rehabilitate injuries, or improve your overall mobility, Wellbeats *Wellness* offers safe, expert-led classes to guide and support you in your everyday living.

<sup>1</sup>National Council on Aging (NCOA)

<sup>2</sup>Centers for Disease Control and Prevention



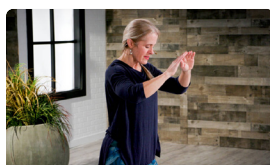
**Gentle Flow**  
23 mins | ★ 4.8



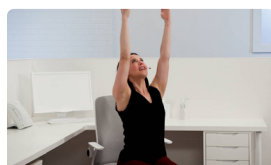
**Low Impact Cardio**  
20 mins | ★ 4.8



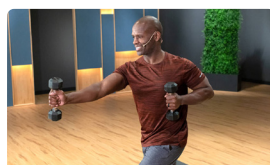
**Lower Back Release**  
7 mins | ★ 4.7



**Tai Chi Reduce Stress**  
13 mins | ★ 4.8



**Chair Yoga 1**  
6 mins | ★ 4.7



**Active Aging**  
19 mins | ★ 4.7

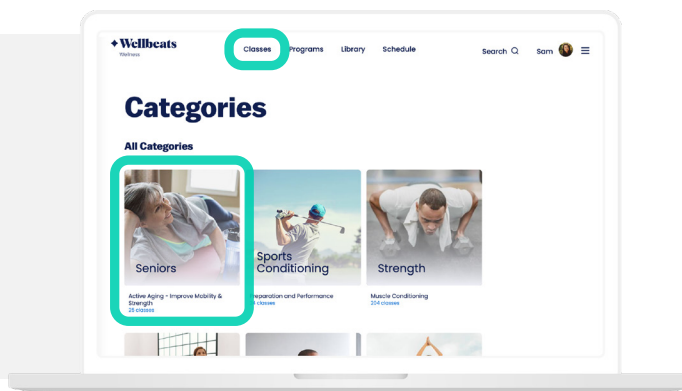


**HEALTHY AGING TIP:**

For adults ages 65 and older, aim for at least 150 minutes of moderate-intensity aerobic activity such as brisk walking and two days of activities that strengthen muscles each week.

Physical Activity Guidelines for Americans, 2nd Edition

In your Wellbeats *Wellness* account, select **Classes** and choose the **Seniors** category for on-demand wellness classes designed for older adults.



Download the app on the App Store, Google Play, or Apple TV

[portal.wellbeats.com](https://portal.wellbeats.com)

**LifeSpeak Inc.**