Exercise and Strength Fact Sheet

Public fact sheet from the leereichelMD knowledge base. Updated 2026-07-12. Educational only - not medical advice.

Summary

Movement and strength are two of the most practical healthy-aging tools.

The goal is not perfection; the goal is to move from the current baseline toward safer, more consistent activity.

A complete plan usually includes aerobic activity, strength training, balance, mobility, recovery, and medical common sense.

Top 10 Facts

1. More physical activity is consistently linked with lower risk of death and major chronic disease in large human studies [PMID 25844730] [PMID 36854652].
2. The biggest gain often comes from moving out of inactivity, not from becoming an elite athlete [PMID 25844730].
3. Aerobic activity supports the heart, blood vessels, metabolism, mood, sleep, and endurance [PMID 36854652].
4. Strength training supports muscle, balance, glucose control, daily function, and confidence [PMID 35228201].
5. Resistance training has been studied in relation to lower mortality risk [PMID 35599175].
6. Balance training matters because falls can lead to fractures, fear, and loss of independence [PMID 35228201].
7. Mobility work can help maintain usable range of motion for daily life, exercise, and recovery [PMID 25844730] [PMID 35228201].
8. Pain, chest symptoms, shortness of breath out of proportion, neurologic symptoms, recent fracture, or frequent falls should prompt medical guidance before pushing intensity [PMID 35228201].
9. A sustainable plan is usually better than an extreme plan that cannot be maintained [PMID 25844730] [PMID 36854652].
10. The practical takeaway is to build consistency first, then progress gradually and safely [PMID 25844730] [PMID 36854652].

Important Note

- Use this fact sheet to prepare for learning and clinician conversations.
- It is educational only and is not diagnosis, treatment, telemedicine, or a substitute for care from a personal clinician.
- Medical decisions should account for personal risk, medications, diagnoses, symptoms, values, and clinician guidance.

References

1. Arem H, Moore SC, Patel A, et al. Leisure time physical activity and mortality: a detailed pooled analysis of the dose-response relationship. JAMA Internal Medicine. 2015. PubMed PMID 25844730 .
2. Garcia L, Pearce M, Abbas A, et al. Non-occupational physical activity and risk of cardiovascular disease, cancer and mortality outcomes. British Journal of Sports Medicine. 2023. PubMed PMID 36854652 .
3. Momma H, Kawakami R, Honda T, et al. Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases. British Journal of Sports Medicine. 2022. PubMed PMID 35228201 .
4. Shailendra P, Baldock KL, Li LSK, et al. Resistance Training and Mortality Risk: A Systematic Review and Meta-Analysis. American Journal of Preventive Medicine. 2022. PubMed PMID 35599175 .