

# Light Physical Activity is Critical to Staying Mobile as We Age

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**One in four** older women have serious difficulty walking 2-3 blocks.

*Light physical activity* = leisurely movement such as walking or gardening, not currently included in health guidelines

*Mobility* = ability to walk a block and up a flight of stairs

**Question:** How is light physical activity related to mobility among older women?

**Who was included:** All women who participated in OPACH who could walk a block and up a flight of stairs at the beginning of the study

**What did we find:** Over 6 years, women who spent 5 hours/day or more doing light physical activity were 40% less likely to lose their mobility compared to women who did less light physical activity

*All Movement Matters!*

