

Masterpiece Living Data Revelations

September 2017

Make Movement Matter

Not a day goes by that a study is published touting the positive benefits of physical activity. Regular movement has the potential to increase energy, decrease weight, combat multiple health conditions and diseases, improve mood, promote better sleep and so much more.



"If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation."
- Dr. Robert Butler

I LIKE TO MOVE IT, MOVE IT!

It's recommended that adults get 150 minutes of physical activity each week (ex. 30 minutes each day for five days). Unfortunately, more than three-fourths are not meeting recommendation. We examined what life looks like, from a successful aging perspective, for those in the Masterpiece Living Network who reported meeting both aerobic activity and muscle strengthening activity guidelines:

91% reported their health as "Same or Better" compared to 1 year ago

85% reported their life has a strong sense of meaning & purpose

96% reported overall health as "Good, Very Good, or Excellent"*

94% reported their memory is about the "Same or Better"*

88% participate in social activities at least 1x per week

88% were "Satisfied or Very Satisfied" with their life

* findings are compared to individuals of the same age.