

Where: PR2 - Topic 1 – Module 1.1 – First video on Video resources: “Importance of physical activity in old age”

<https://youtu.be/MjMkBaQimFo>

“Research shows the benefits of exercise go beyond just physical well-being. Physical activities like walking, biking, dancing, yoga, or tai chi can help. These can reduce feelings of depression and stress, enhance your mood and overall emotional well-being, increase your energy level, and improve sleep. To learn more about the benefits of exercise, visit www.nia.nih.gov.”