

# 5 EVIDENCE-BASED FACTS ABOUT EXERCISE FOR PEOPLE WITH MULTIMORBIDITY\*



## EXERCISE THERAPY FOR PEOPLE WITH MULTIMORBIDITY...



### 1 IMPROVES QUALITY OF LIFE

Exercise therapy promotes small to moderate improvements in quality of life

### 2 IMPROVES PHYSICAL FUNCTION

Exercise therapy promotes small to moderate improvements in physical function

### 3 REDUCES DEPRESSION

Exercise therapy leads to small to large reduction in depression

### 4 REDUCES ANXIETY

Exercise therapy leads to very small to moderate reduction in anxiety

### 5 IS SAFE

Exercise therapy appears to not increase the risk of non-serious adverse events and to reduce the risk of serious adverse events

\*Multimorbidity defined as the presence of two or more of the following conditions: osteoarthritis (of the knee or hip), hypertension, type 2 diabetes, depression, heart failure, ischemic heart disease, and chronic obstructive pulmonary disease

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