**eHealth Interventions for Physical Activity**
- Physical activity promotion and support interventions primarily delivered by computer, smartphone, telephone, tablet, or PDA

**Adults 55 Years and Older**

**Increased Physical Activity Among Intervention Participants**

**Potential effects**
- Increased Proportion of Intervention Participants meeting PA Recommendations
- Improved Aerobic Fitness
- Reduced Morbidity
- Reduced Mortality

**Potential harms**
- Musculoskeletal injuries
- Falls

**Potential additional benefits**
- Opportunities for social interaction (especially with intervention organized social support)
- Prevention of falls