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Leisure time physical activity and incident use of prescription tranquilizers: a longitudinal population-based study

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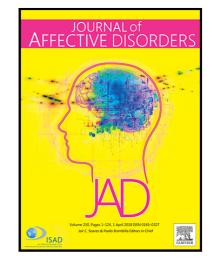
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## Highlights

- Leisure time physical activity conferred protection against incident use of tranquilizers.
- Lower leisure time physical activity is associated with increased incident use of tranquilizers six years later.
- Physical activity in late-midlife can be important for preventing mild psychiatric morbidity in early old age.

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