



Benefits of Physical Activity



- Reduces your risk of heart disease by improving blood circulation in the body
- Helps keep your weight under control
- Improves your cholesterol levels
- Helps you stop or control your high blood pressure
- Helps prevent bone loss
- Helps control your glucose (sugar) levels
- Gives you more energy
- Helps you deal with stress
- Helps you relax and get rid of tension
- Helps you fall asleep quickly and sleep well
- Makes you feel better about yourself
- Helps with anxiety and depression and can make you feel more positive
- Increases muscle strength, making it easier to do other physical activities
- Is a good way to share an activity with family and friends
- In older people, slows down or prevents illnesses and diseases linked with aging. Lets you stay independent longer.