

# Benefits of Regular Physical Activity



*Please note:* if you are new to physical activity start slowly and gradually build up time and effort.

If you have any medical concerns speak to your doctor first.

You know physical activity is good for you, but do you know how good?

## **Reduce risk of disease**

Heart disease  
Stroke  
Diabetes  
Depression  
Some Cancers  
Arthritis

## **Improves mood**

stimulates brain chemicals leaving you feeling happier & more relaxed. Feel better about your appearance, boost confidence & improve self-esteem.

## **Promote better sleep**

Getting enough quality sleep is critical to overall health. Regular physical activity can help significantly, just not right before bed.

## **Aging Well**

It happens, but it can be a great stage of life. Continue to do the things you enjoy - and remember them. PA strengthens both mind & body for the long haul.

## **More energy**

Improve muscle strength & boost endurance. PA delivers oxygen & nutrients to your entire body & brain. Be better at work & play. Maybe even in bed!

## **Helps control weight**

There's no substitute for a good diet but weight control is a tricky thing. PA can help keep the pounds off & tone muscle for more lean tissue & can boost metabolism.

Regular physical activity can be a fun way to spend some time. It gives you a chance to unwind, enjoy the outdoors or simply engage in activity. It can also help you connect with family or friends in a fun social setting.

So, take a dance class, hit the hiking trails or go for a swim. Find a physical activity you enjoy and just do it. If you get bored, try something new.