

BENEFITS OF A PHYSICALLY ACTIVE LIFESTYLE

Regular Physical Activity Improves Health in the Following Ways:

PHYSICALLY

Reduces the risk of dying prematurely

Reduces the risk of developing heart disease

Reduces the risk of developing diabetes

Reduces the risk of developing colon cancer

Helps in weight loss and weight management

Helps build healthy bones

Improves digestion

Enhances the immune system

Builds strength

Gives you more energy

Tones and firms muscles

Lowers resting heart rate

Reduces back problems and back pain

Improves coordination and balance

Reduces tension and stress

Improves sleep quality

Increases lung capacity

Improves recovery heart rate

Decreases cholesterol level

Strengthens the heart

Improves athletic performance

Improves posture

Improves flexibility

Slows the aging process

Reduces joint discomfort

Increases muscle size

Improves the quality of life

Decreases obesity

MENTALLY

Reduces feelings of depression and anxiety

Promotes good mental health

Increases self confidence and self-esteem

Reduces tension and stress

Improves quality of sleep

Stimulates and improves concentration

SOCIALLY

Provides opportunities for friendships

Improves team building skills

Promotes good citizenship

Benefits of a Physically Active Lifestyle

1. Circle the ten health benefits that are most important to you.

2. In your group, discuss your reasons with the other group members and together decide which are the most important to the group.

Below list the five health benefits that were most important to your group.

a. _____

b. _____

c. _____

d. _____

e. _____

Pick your most important health benefit and explain why.
