

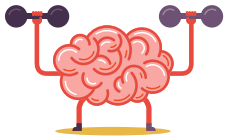
Physical Activity Benefits



ACTIVE ADVENTURES
BE FIT TOGETHER

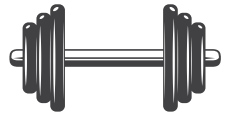
HEALTH BREAK

An active lifestyle has immediate and long-term benefits for people of all ages. These benefits improve overall quality of life including living longer, moving better, and feeling better. Being active for even 10 minutes can provide some health benefits so find something you enjoy and start where you are comfortable.



BRAIN HEALTH

Physical activity increases focus and makes you feel more awake during the day. It decreases the risk of stroke as well as improves stress management, and memory.



PHYSICAL HEALTH

Active families experience stronger muscles, better balance, decreased risk of injury, stronger bones, increased flexibility and better weight management



DISEASE MANAGEMENT

People who exercise are less likely to have Type 2 Diabetes and certain cancers. They also experience less chronic pain, and slower chronic disease progression.



HEART HEALTH

Physical activity leads to better circulation, decreased risk of heart attack and heart disease, and lowers blood pressure.



MENTAL HEALTH

Exercise improves mood, and self-esteem while decreasing anxiety or depression.



PRODUCTIVITY

Exercise helps our immune system so people don't get sick as often, and they have more energy, sleep better and perform better at school and work.

SOURCES / ADDITIONAL READING

Guidelines for Americans, 2nd Edition (Chapter 2)

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