

Physical Activity Benefits

Regular physical activity is one of the most important things you can do for your health.

According to CDC, there are many immediate and long-term benefits of physical activity!

Immediate Benefits

- Improve thinking or cognition
- Reduce feelings of depression & anxiety
- Help you sleep better



Long-Term Benefits

- Weight management
- Strengthen bones & muscles
- Reduce your risk of hypertension, cardiovascular disease, diabetes, stroke & some cancers
- Keep your memory, thinking & learning skills sharp as you age
- Increase your chances of living longer



28.0% of Americans, or 80.2 million people, aged six and older are physically inactive.

(U.S. Department of Health & Human Services)

Tips for Incorporating Physical Activity Into Your Daily Routine:

- Elevate the family fun by going outside to play, dancing, doing household chores together or playing Simon Says.
- Take the stairs instead of the elevator.
- Stand at your computer instead of sitting.
- Have a "walk and talk" meeting.
- Park further away from the store in the parking lot.
- "Pencil in" regular exercise as a part of your daily routine.