Benefits of physical activity

This handout will help you to understand some of the benefits of physical activity.

Regular physical activity boosts your physical health, your mental and emotional health, and your social health.

Here are just a few of the benefits:

Physical Health Benefits	Mental and Emotional Health Benefits	Social Health Benefits
• stronger muscles and bones • improves your heart health • reduces risk of chronic diseases • improves chronic disease symptoms • helps to maintain a healthy body weight	• improves your mood • helps you cope with stress and anxiety • feel better about yourself • sleep better • great way to have fun	• great way to spend time with family • good way to see friends more often • excellent way to meet new people • positive way to be involved in your community

Can you think of any other benefits that are important to you?

How would being more physically active improve your life? List your ideas:

Health benefits timeline

We can see some of the benefits of physical activity right away! Other benefits may take more time and patience.

This table provides a timeline of some health benefits.

Short-term (a single session of physical activity)	Medium-term (4-8 weeks of regular physical activity)	Long-term (months to years of regular activity)
↑ mood & energy ↑ self-esteem ↑ sleep ↑ concentration ↑ good cholesterol ↑ calories used	↑ muscle strength ↑ bone & joint strength ↑ balance & posture ↑ heart health ↑ insulin sensitivity	↑ quality of life and overall well-being ↑ your independence ↑ how long you live
↓ stress ↓ depression ↓ high blood sugar ↓ bad cholesterol ↓ blood pressure	↓ body weight & body fat ↓ joint pain & swelling ↓ falls ↓ bad cholesterol	↓ heart disease ↓ osteoporosis (bone disease) ↓ dementia (such as Alzheimer's) ↓ certain cancers (such as colon & breast cancer)

↑ = improve/increase ↓ = decrease/lower

Action Step: ***Circle*** the benefits listed above that are important to you.

Physical activity is a great way to meet new people and spend time with friends.

What is one thing you can do today to start being more physically active?

Choose

A Program of the Northwest Territories

ALBERTA CENTRE FOR
Active Living
Research and education
for the promotion of physical activity

Produced by the Alberta Centre for Active Living, www.centre4activeliving.ca.

Funding provided by Alberta Sport, Recreation, Parks & Wildlife Foundation.

Reviewed and modified by the Department of Health and Social Services, Government of the Northwest Territories. First edition reviewed by Alberta CSEP (Canadian Society for Exercise Physiology).

If you would like this information in another official language, please call 867-920-3367.

Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

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