

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

- stronger muscles and bones,
- improves your heart health,
- reduces risk of chronic diseases,
- improves chronic disease symptoms, and
- helps to maintain a healthy body weight.

Mental and emotional health benefits

- improves your mood,
- helps you cope with stress and anxiety,
- feel better about yourself,
- sleep better, and
- great way to have fun.

Social health benefits

- great way to spend time with family,
- good way to see friends more often,
- excellent way to meet new people, and
- positive way to be involved in your community.

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

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

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

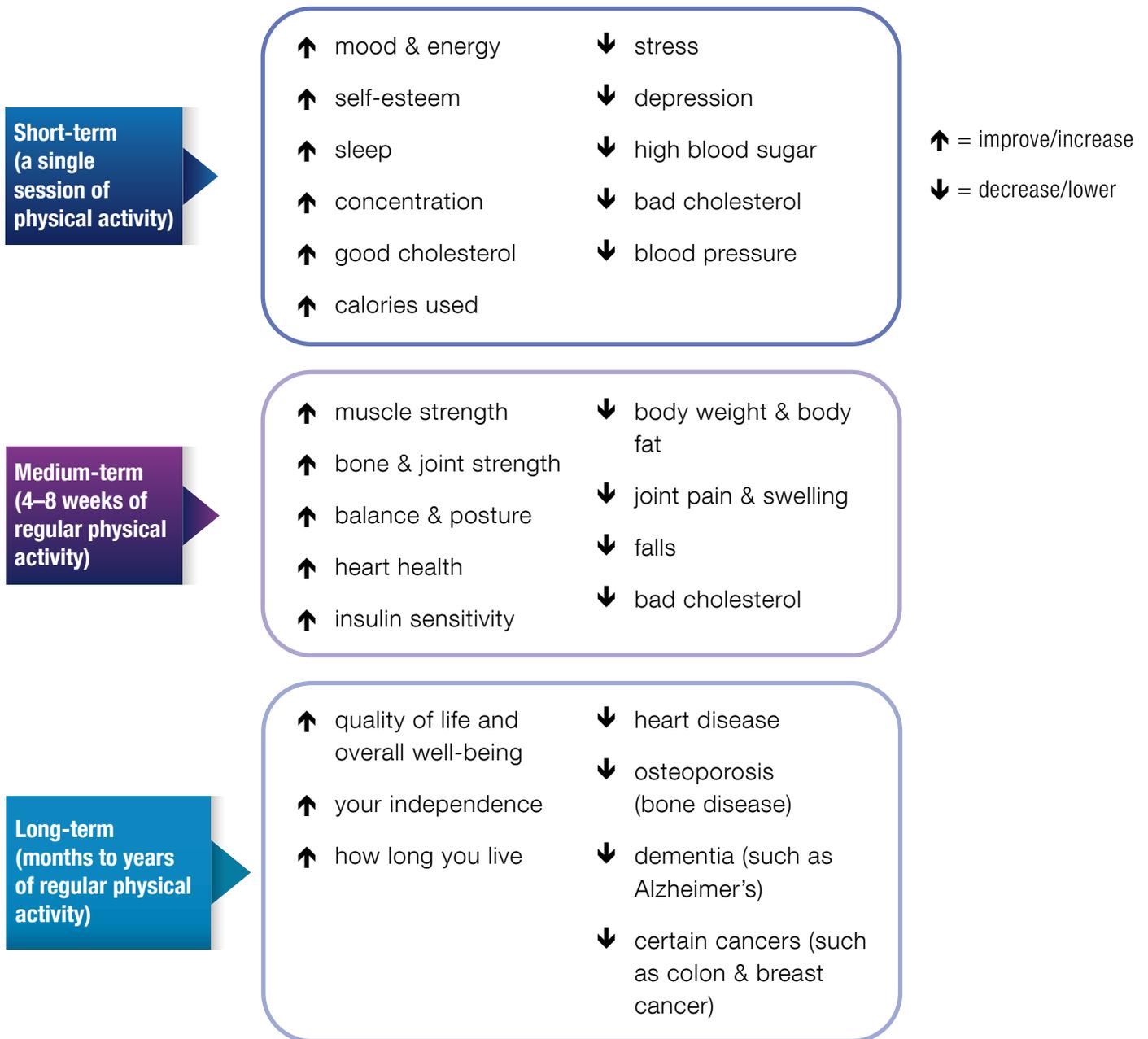
Physical activity is a great way to meet new people and spend time with friends.



Health benefits timeline

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

The boxes below provide a timeline of some health benefits.



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

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

- Topics in this toolkit:
- A. Taking the first step: deciding to be physically active
 - B. Making a physical activity plan
 - C. Setting goals for physical activity
 - D. What stops you from being physically active?
 - E. Benefits of physical activity
 - F. Physical activity and your blood pressure
 - G. High blood pressure safety
 - H. Physical activity and Type 2 diabetes
 - I. Diabetes safety
 - J. Healthy weight and physical activity
 - K. Physical activity and anxiety
 - L. Anxiety safety
 - M. Physical activity and chronic heart failure
 - N. Chronic heart failure safety
 - O. Physical activity and stroke
 - P. Stroke safety
 - Q. Physical activity and Parkinson's Disease
 - R. Parkinson's Disease safety
 - S. Physical activity and dementia
 - T. Dementia safety

Physical activity helps you cope with stress and anxiety and can help you feel good about yourself.

