

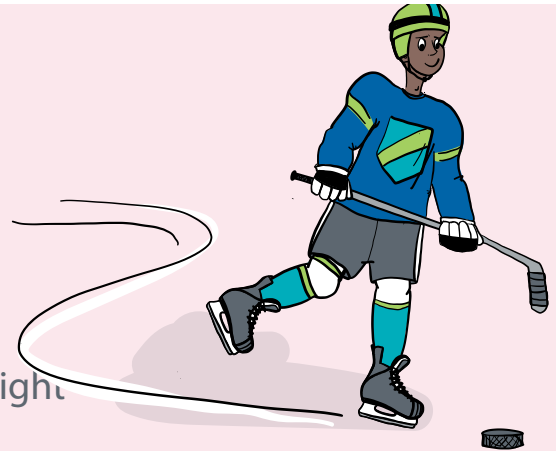
BENEFITS OF *Physical Activity*

This handout will help you 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:

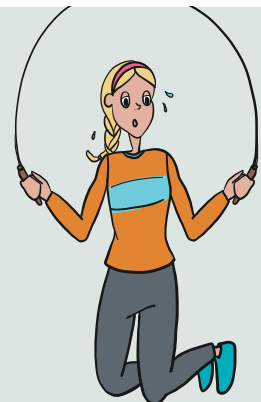
Physical Health Benefits

- ✓ Stronger muscles and bones
- ✓ Improves your heart health
- ✓ Reduces risk of chronic diseases
- ✓ Improves chronic disease symptoms
- ✓ Helps to maintain a healthy body weight



Mental & Emotional Benefits

- ✓ Improves your mood
- ✓ Helps you cope with stress and anxiety
- ✓ Feel better about yourself
- ✓ Sleep better
- ✓ 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
- ✓ Positive way to be involved in your community



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:

<p><i>Short-term</i> (a single session of physical activity)</p>	<ul style="list-style-type: none"> ↑ Mood and energy ↑ Self-esteem ↑ Sleep ↑ Concentration ↑ Good cholesterol ↑ Calories used 	<ul style="list-style-type: none"> ↓ Stress ↓ Depression ↓ High blood sugar ↓ Bad cholesterol ↓ Blood pressure
<p><i>Medium-term</i> (4-8 weeks of regular physical activity)</p>	<ul style="list-style-type: none"> ↑ Muscle strength ↑ Bone and joint strength ↑ Balance and posture ↑ Heart health ↑ Insulin sensitivity 	<ul style="list-style-type: none"> ↓ Body weight and body fat ↓ Joint pain and swelling ↓ Falls ↓ Bad cholesterol
<p><i>Long-term</i> (months to years of regular activity)</p>	<ul style="list-style-type: none"> ↑ Quality of life and overall well-being ↑ Independence ↑ How long you live 	<ul style="list-style-type: none"> ↓ Heart disease ↓ Osteoporosis (bone disease) ↓ Dementia (such as Alzheimer's) ↓ Certain cancers (such as colon and breast cancer)



Content provided by Alberta Centre for Active Living.