

# Benefits of Physically Active Lifestyle

## Regular Physical Activity Improves Health in the Following Ways:

- Reduces the risk of dying prematurely
- Reduces the risk of dying from heart disease
- Reduces the risk of developing diabetes
- Reduces the risk of developing heart disease
- Helps reduce blood pressure in people who already have high blood pressure
- Reduces the risk of developing colon cancer
- Reduces the feelings of depression and anxiety
- Helps in weight loss and weight management
- Helps build and maintain healthy bones
- Helps older adults become stronger and better able to move without falling
- Promotes psychological well-being
- Improves digestion
- Enhances the immune system
- Increases self-confidence and self-esteem
- Builds strength
- Helps alleviate varicose veins
- Gives you more energy
- Tones and firms muscles
- Lowers resting heart rate
- Reduces back problems and back pain
- Increases metabolic rate
- Improves coordination and balance
- Reduces tension and stress
- Improves the quality of sleep
- Increases the lean muscle tissue in the body
- Increases the lung capacity
- Improves the recovery heart rate
- Provides increased social opportunities
- Increases the HDL cholesterol level
- Decreases triglycerides
- Strengthens the heart and improves its efficiency
- Improves posture
- Increases the strength of ligaments and tendons
- Improves flexibility
- Slows the aging process
- Improves athletic performance
- Reduces joint discomfort
- Increases muscle size
- Decreases appetite
- Stimulates and improves concentration
- Improves the quality of life
- Preserves the ability to maintain independent living
- Decreases obesity
- Improves mood
- Controls joint swelling and pain associated with arthritis
- Benefits the endocrine system
- Positively affects body fat distribution