

## **~ Various Benefits of Physical Activity ~**

- ❖ Reduced risk of heart disease by improving blood circulation throughout the body.
- ❖ Weight control.
- ❖ Used together with proper nutrition...weight loss.
- ❖ Assists in the prevention of Type II diabetes, as well as various other lifestyle-related diseases.
- ❖ Helps to maintain, or to lower, blood pressure.
- ❖ Reduction in cholesterol & increase in HDL's is likely.
- ❖ Boosts existing levels of energy.
- ❖ Helps to manage stress by releasing tension.
- ❖ Likely to improve self-image/self-concept.
- ❖ Increase in bone density and prevention of bone deterioration.
- ❖ Counters anxiety and depression.
- ❖ Increases optimism & zest for life.
- ❖ Opportunity to share activities with friends & family.
- ❖ Promotes peaceful sleep patterns.
- ✚ **IN THE OLDER POPULATION:** Helps to delay and/or prevent the onset of chronic illnesses & diseases associated with aging. Thereby, helping individuals to maintain "quality" of life, mobility & independence.