Benefits of PHYSICAL ACTIVITY

Regular physical activity offers many benefits to your mind, body, and your quality of life. How could physical activity help you? Check it out!

- Helps you sleep better
- Improves your mood (reduces anxiety and depression)

- Improves self-esteem
- Improves brain function
- Reduces risk of dementia and Alzheimer's

- Reduces the risk of the following cancers:
  - Breast
  - Esophageal
  - Colon
  - Lung
  - Kidney
  - Stomach
  - Bladder
  - Endometrial

- Lowers blood pressure
- Reduces risk of heart disease and stroke
- Improves cholesterol

- Improves insulin sensitivity
- Helps prevent and control diabetes

- Improves bone health
- Reduces risk of falls

- Increases flexibility
- Helps prevent injury

- Helps support a healthy weight
- Reduces physical pain

The Dietitian Resource
FOR NUTRITION AND EXERCISE