



SIMPLE PHYSICAL ACTIVITY FOR A HEALTHY LIFESTYLE

We know that staying active is one of the best ways to keep our bodies healthy and improve our overall wellbeing. But did you know it can also improve your overall quality of life. We are made up of billions of cells that are in constant movement and energy. It only makes sense that we should also be in regular and sustained movement as well.

Physical physical activity can help you feel better, look better and live better.

Activity - a natural positive mood enhancer

Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Think of it as a happy pill. Most people notice they feel better over time as physical activity becomes a regular part of their lives.

Staying physically fit

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. As the saying states: "you don't stop moving from growing old, you grow old from stopping moving". Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

Naturally stay healthier through activity

Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control
- prevent bone loss that can lead to osteoporosis

A longer, healthier life

People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. And the important part is that those extra years are generally healthier years. Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.



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Benefits you may get with regular physical activity:

- Helps you quit smoking.
- Boosts your energy level so you can get more done.
- Helps you manage stress and tension.
- Promotes a positive attitude and outlook.
- Helps you fall asleep faster and sleep more soundly.
- Improves your self-image and self-confidence.
- Helps you spend more time outdoors.

Just move more, with more intensity, and sit less. You don't have to make big life changes to see the benefits. Just start building more activity into your day, literally one step at a time. You are generally more successful at sustained positive change by making small changes to your daily routine. Over time you'll increase your activity level naturally as you realize how much better, stronger and more positive you feel with constant activity. Instead of sitting at the computer or TV, you'll find enjoyable and relaxing activities that allow you to be outside, socialize or enhance your living space and quality of life with movement.