Benefits of Physical Activity

- Allows Performance of More Work with Less Effort
- Combats a Variety of Health Conditions and Illness’
- Decreases Blood Pressure
- Exercise can be FUN
- Exercise Helps Controls Weight
- Enhances Appearance & Body Image
- Enhances Feeling of Well Being
- Enhances Sleep
- Increases Energy
- Improves the Ability to Learn
- Improves Lipid Profile
- Improves Mood
- Increases Self-Confidence and Self Esteem
- Improves Quality of Life
- Keeps the Brain Fit
- Promotes Healthy Body Composition
- Reduces Stress
- Relieves Depression
- Strengthens the Heart
- Strengthens Muscles and Bones