"People of all ages, both male and female, benefit from regular physical activity."
- 1996 Surgeon General's Report on Physical Activity and Health





## **Benefits of Physical Activity**

- Lowers the risk of heart disease
- ▼ Improves blood sugar control for diabetes
- ♥ Helps achieve and maintain a healthy body weight
- Increases energy
- Improves mood and helps reduce stress
- Improves flexibility
- Strengthens muscles, bones and joints

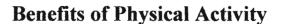




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