

# HEALTH BENEFITS OF PHYSICAL ACTIVITY



Canadian  
Cancer  
Society

Healthy  
Workplaces

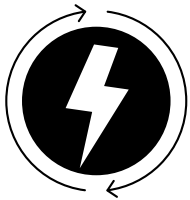
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## Reduced stress

Physical activity stimulates brain chemicals that may leave you feeling happier and more relaxed.

1



## More energy

Regular physical activity gives your entire cardiovascular system a boost, helping your heart and lungs work better. When your heart and lungs work better, you'll have more energy to do the things you enjoy.

3



## Improved health

Regular physical activity can help prevent or reduce your risk of coronary heart disease, type 2 diabetes, osteoporosis, and colon cancer.

5



## Mental Health

Regular physical activity is a great way to become healthier both physically and mentally. Exercise can contribute to feeling better, boosting confidence and self esteem.

7

## Better sleep

Regular physical activity can not only help you fall asleep faster, it can also help you get deeper sleep. All key to helping boost your concentration, productivity, and mood.

2



## Weight control

When you're physically active, you burn calories. The more intense the activity, the more calories you burn and this will help you to control your weight.

4



## Stronger muscles and bones

Having strong bones and muscles helps improve your balance, posture, and coordination. It can also reduce your risk of falls and other injuries.

6

