

BENEFITS OF PHYSICAL ACTIVITY



It increases your strength and flexibility

It reduces your risk of being overweight, diabetes and, heart disease



It improves your mood

It helps to build better bone strength



It increases your energy levels and brain health

It helps you sleep better



It strengthens your immunity

It helps you maintain a healthy body weight



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Did you know?
Lack of physical activity can
be just as harmful to your
health as smoking?

Canada Physical Activity Guidelines
recommends **150** minutes of exercise
weekly for adults combining aerobic
and strengthening exercises.

Aerobic exercises increase heart rate
such as walking, jogging, biking,
swimming etc.

Muscle strengthening exercises
build strength and involve using
free weights, weight machines,
resistance bands etc.