

Physical Activity

We have all heard that it's important to be physically active for at least 30 minutes on most days, but do you know why? Physical activity...

- Increases self esteem
- Helps build muscle mass
- Strengthens your bones
- Enhances flexibility
- Helps manage weight
- Lowers risk of heart disease, cancer, and diabetes
- Reduces feelings of depression

Try **aerobic activities** like walking, jogging and swimming. These exercises can improve heart and lung fitness.



Engage in **resistance activities** which help to build and maintain muscles and bones.