

Importance of **Physical Activity**

Thirty (30) or more total minutes of moderate physical activity per day will enrich the quality of your life in the following ways:

- ✓ *Increase your self-confidence and self-esteem.*
- ✓ *Improve your digestion.*
- ✓ *Enhance your immune system.*
- ✓ *Burn extra calories.*
- ✓ *Build strength.*
- ✓ *Deter heart disease and some cancers.*
- ✓ *Increase the level of HDL (good cholesterol).*
- ✓ *Make you feel good.*
- ✓ *Help you manage mild depression.*
- ✓ *Enhance oxygen transport throughout your body.*
- ✓ *Improve your posture.*
- ✓ *Strengthen your heart.*
- ✓ *Help you sleep better.*
- ✓ *Reduce tension and help you manage stress.*