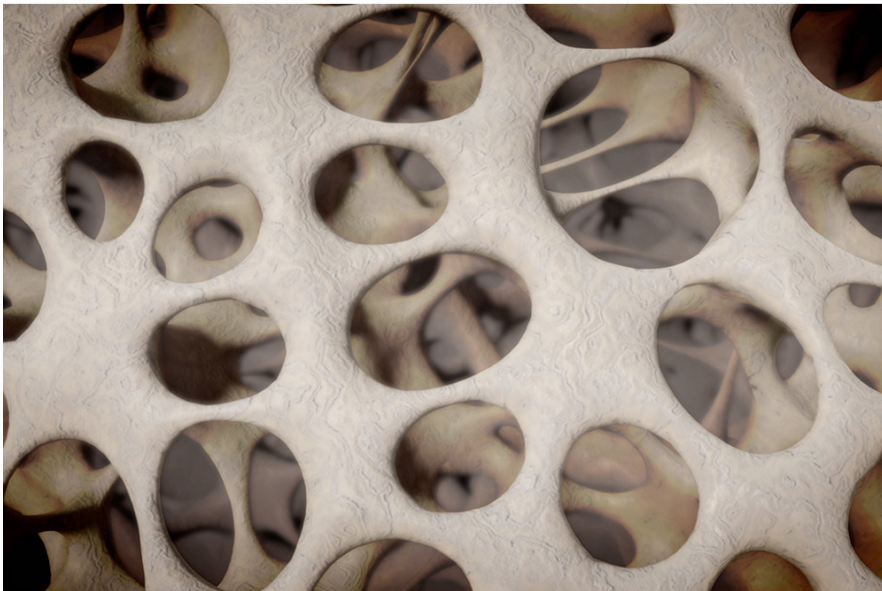




## Benefits of Physical Activity



### Overview

We all know regular exercise is great for our health. It can help us feel better physically and mentally. Let's take a moment to learn about the many ways it improves our lives.

### Weight management

First, physical activity helps you control your weight. Active people who eat healthy tend to weigh less than those who don't. But the amount of exercise you need to maintain or lower your weight varies from person to person. So if you're trying to lose weight, talk to your doctor. They will create a plan to help you do it safely.

### Strengthening your body

Physical activity also helps keep your muscles and bones strong. That's very important for older people. Why? Because as we age, we lose muscle mass and bone density. Exercise slows these changes. It lowers your risk for things like falls and hip fractures.

### Extending your life

Physical activity also lowers your risk for a wide range of health problems. It lowers the risk for heart disease and diabetes. It lowers the risk for some cancers. People who stay fit tend to live longer. They tend to enjoy a better quality of life.

### Brain benefits

And finally, physical activity doesn't just help your body. It also helps your brain. Exercising releases chemicals that reduce stress and anxiety. This can boost your mood. It can help your mental health.

### Conclusion

For more info about the benefits of physical activity, talk to your doctor.