



## Benefits of Physical Activity

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### *Physical*

- Increases blood circulation, decreasing the risk of heart disease
- Improves endurance
- Helps regulate weight
- Assists in the battle to quit smoking
- Improves energy level
- Increases high-density lipoproteins (HDL) improving blood cholesterol levels
- Decreases triglyceride levels
- Reduces risk and improves management of high blood pressure
- Improves muscle strength
- Reduces bone loss
- In women coronary heart disease risk reduced by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones
- Helps manage or reduce the risk chronic illnesses and diseases
- Helps increase independence longer for seniors

### *Mental and Emotional*

- Helps with stress reduction and produces relaxed feeling
- Improves outlook and optimism
- Improves sleep by allowing you to fall asleep faster and into a deeper sleep
- Improves self-esteem and boosts confidence
- Relieve anxiety and depression
- Provides a fun way to spend time with family and friends

### Reference:

American Heart Association, (2014). Physical Activity Improves Quality of Life, Available at [http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Physical-activity-improves-quality-of-life\\_UCM\\_307977\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Physical-activity-improves-quality-of-life_UCM_307977_Article.jsp)



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