

## Health Benefits of Physical Activity: Match-Up: Answer Key



Benefits of Exercise and Physical Activity	#	Health Benefits
<ul style="list-style-type: none"> <li>Active individuals experience a longer life and an improved quality of life.</li> </ul>	2	Reduces the risk of dying prematurely.
<ul style="list-style-type: none"> <li>Exercise strengthens the heart, vascular system, and respiratory system to help fight cardiovascular disease.</li> </ul>	7	Reduces the risk of cardiovascular disease.
<ul style="list-style-type: none"> <li>Exercise reduces the daily wear and tear on the heart and the cardiovascular system.</li> </ul>	11	Decreases resting heart rate.
<ul style="list-style-type: none"> <li>Exercise reduces the stress on the walls of veins and arteries and reduces the risk of a coronary event or stroke.</li> </ul>	1	Keeps resting blood pressure normal.
<ul style="list-style-type: none"> <li>Exercise increases the ability to perform at higher intensities with greater ease.</li> </ul>	4	Improves heart efficiency.
<ul style="list-style-type: none"> <li>Exercise reduces the risk of cardiovascular disease and the occurrence of atherosclerosis (hardening of the arteries).</li> </ul>	9	Increases high-density lipoprotein (HDL) cholesterol and decreases low-density lipoprotein (LDL) cholesterol.
<ul style="list-style-type: none"> <li>Exercise lowers body fat and increases cellular sensitivity to insulin, which helps regulate blood-sugar levels.</li> </ul>	3	Lowers the risk of developing diabetes.
<ul style="list-style-type: none"> <li>Exercise increases the strength of connective tissue, making the individual less susceptible to injury.</li> </ul>	6	Promotes joint stability.
<ul style="list-style-type: none"> <li>Exercise helps reduce the risk of osteoporosis and the danger of injury and bone fractures.</li> </ul>	10	Strengthens bones.
<ul style="list-style-type: none"> <li>Exercise promotes a more toned appearance. The toned body burns more calories during exercise.</li> </ul>	8	Increases muscle mass and decreases body fat.
<ul style="list-style-type: none"> <li>Exercise increases metabolism rate, which helps the body burn more calories both during activity and when at rest.</li> </ul>	12	Assists with weight management.
<ul style="list-style-type: none"> <li>Exercise develops strong abdominal and back muscles, promoting better posture.</li> </ul>	14	Improves the body's core strength.
<ul style="list-style-type: none"> <li>Exercise reduces the incidence and severity of low back pain.</li> </ul>	5	Improves back strength.
<ul style="list-style-type: none"> <li>Exercise makes for greater ease, control, and safety in all movements in daily life.</li> </ul>	13	Improves balance, coordination, agility, and muscular strength.
<ul style="list-style-type: none"> <li>Exercise promotes an improved outlook on life and provides a positive outlet for stress.</li> </ul>	15	Reduces anxiety and assists in stress management.