

## Health Benefits of Physical Activity: Match-Up



Name \_\_\_\_\_

Benefits of Exercise and Physical Activity	#	Health Benefits
• Active individuals experience a longer life and an improved quality of life.		
• Exercise strengthens the heart, vascular system, and respiratory system to help fight cardiovascular disease.		
• Exercise reduces the daily wear and tear on the heart and the cardiovascular system.		
• Exercise reduces the stress on the walls of veins and arteries and reduces the risk of a coronary event or stroke.		
• Exercise increases the ability to perform at higher intensities with greater ease.		
• Exercise reduces the risk of cardiovascular disease and the occurrence of atherosclerosis (hardening of the arteries).		
• Exercise lowers body fat and increases cellular sensitivity to insulin, which helps regulate blood-sugar levels.		
• Exercise increases the strength of connective tissue, making the individual less susceptible to injury.		
• Exercise helps reduce the risk of osteoporosis and the danger of injury and bone fractures.		
• Exercise promotes a more toned appearance. The toned body burns more calories during exercise.		
• Exercise increases metabolism rate, which helps the body burn more calories both during activity and when at rest.		
• Exercise develops strong abdominal and back muscles, promoting better posture.		
• Exercise reduces the incidence and severity of low back pain.		
• Exercise makes for greater ease, control, and safety in all movements in daily life.		
• Exercise promotes an improved outlook on life and provides a positive outlet for stress.		

### Health Benefits:

1. Keeps resting blood pressure normal.
2. Reduces the risk of dying prematurely.
3. Lowers the risk of developing diabetes.
4. Improves heart efficiency.
5. Improves back strength.
6. Promotes joint stability.
7. Reduces the risk of cardiovascular disease.
8. Increases muscle mass and decreases body fat.
9. Increases high-density lipoprotein (HDL) cholesterol and decreases low-density lipoprotein (LDL) cholesterol.
10. Strengthens bones.
11. Decreases resting heart rate.
12. Assists with weight management.
13. Improves balance, coordination, agility, and muscular strength.
14. Improves the body's core strength.
15. Reduces anxiety and assists in stress management.