

THE PERSONAL & HEALTH BENEFITS OF PHYSICAL ACTIVITY

There are well documented personal and health benefits that individuals receive from integrating regular physical activity within their lifestyles. The best single source of information about the benefits of physical activity is the Canadian Fitness and Lifestyle Research Institute (CFLRI) at www.cflri.ca. Among the key benefits of regular activity are:

- Regular physical activity decreases the risk of heart disease, diabetes, arthritis, stroke, high blood pressure and osteoporosis.
(Heart and Stroke Foundation, 2006)
- Physical activity is associated with better cognitive function and less cognitive decline in later life.
(Weuve, Kang, Manson, Breteler, Ware & Grodstein, 2004)
- Regular physical activity helps one achieve a healthy mind as it reduces stress and increases self esteem.
(CFLRI, 2005)
- Active people tend to have a lower risk of colon cancer and breast cancer than sedentary people.
(CFLRI, 2005)
- Exercises that build muscle strength and balance can help prevent falls. Physical activity may also decrease people's fear of falling, improve cardiovascular health, aid in sleep and ease depressed moods.
(Public Health Agency of Canada, 2005)
- Physical movement is a key element in the lifelong development and growth of the brain.
(McCall & Craft, 2000)
- Being active will help you to stay healthy, live longer and improve your quality of life.
(Public Health Agency of Canada, 2005)
- People reduce their risk of acquiring diabetes by 58% with a few basic lifestyle modifications: exercising moderately 30 to 60 minutes most days, losing excess weight, and reducing the amount of fat and the number of calories in their diets.
(Current Health, 2005)
- Exercise slows the rate of bone loss and reduces the chance of acquiring osteoporosis.
(CFLRI, 2005)
- To keep your body and mind healthy it is beneficial to eat well and participate in physical and social activities.
(Public Health Agency of Canada, 2005)