



# The Importance of Regular Physical Activity For Adults

## Improved Heart Health

Strengthens the heart, lowers blood pressure, improves circulation, and reduces the risk of heart disease and stroke

## Boosts Mental Health

Releases endorphins that improve mood, reduce stress, anxiety, and symptoms of depression, and enhance overall mental well being

## Muscle and Bone Strength

Regular physical activity helps maintain muscle and bone strength, reducing the natural decline that occurs with aging.



## Supports Weight Managment

Burns calories, increases metabolism due to increased muscle mass and helps maintain a healthy body weight.

## Energy and Sleep

Phyiscal activity helps increase overall energy, stress resilience, and can increase sleep quality

## World Health Orginization Recomendations

“150 minutes of moderate-intensity physical activity throughout the week, or do at least 75 minutes of vigorous-intensity physical activity, or an equivalent combination of both.”

For more information and other physical activity recommendations visit

<https://www.who.int/initiatives/behealthy/physical-activity>

