

Benefits of Regular Physical Activity

Regular physical activity can help:

- Increase your everyday energy
- Monitor your mood
- Help with sound sleep
- Enhance self-esteem
- Improve work performance
- Help shed extra pounds
- Improve heart health
- Increase good cholesterol and lower triglycerides
- Reduce risk of colon cancer
- Control blood sugar (glucose) levels
- Improve bone density

Source: www.usda.gov