

# Why is physical fitness important?



C G S B S E S E D S F V X A I E I P I S  
 D N Q T F T G E E R R E C R M C M H B R  
 O I J I I A R T T E E T E B P U P Y O E  
 O S L O N F E O C U I C E L R D O S N C  
 L I T A I B E O N V N T O K O E R I E N  
 B C M E A N M N I G T I U V V R T C S A  
 R R J I O M T T E E E F M D E B A A E C  
 E E D H E P Y S R B M R I S K R N L N I  
 W X G N T H O S P I T A L I Z A T I O N  
 O E D U T L O R E T S E L O H C L L Y M  
 L E V E L R A P O Y T I L A U Q Y A R O  
 D C I B S A A E U S I M M E D I A T E O  
 P R E S S U R E H C I M U S C L E S V D  
 W E I G H T M L H N H S Y D E X A L E R  
 Y G R E N E C S Y M R E T G N O L K P O

Physical activity has **immediate** and **long-term health benefits**. Most **importantly**, regular **activity** can **improve** your **quality** of life. It's **recommended** that **everyone** get at least 30 **minutes** of activity every day. **Exercising regularly** can:

- **reduce** your risk of a **heart** attack
- help **manage** your **weight**
- lower **blood cholesterol level**
- lower the risk of type 2 **diabetes** and some **cancers**
- lower blood **pressure**
- build **stronger bones, muscles** and **joints**
- lower **risk** of developing **osteoporosis**
- **lower** your risk of falls
- **recover** better from periods of **hospitalization** or bed rest
- help you **feel better** – more **energy**, a better **mood**, feel more **relaxed** and **sleep** better.