

# Health Benefits of Exercise

Boost in Energy Level

Release of Stress and Tension

Weight Control

Improved Self-Image

Reduce Anxiety & Depression

Increase Enthusiasm & Optimism

Prevention of High Blood Pressure

Fitness for the Heart & Lungs



## *For children,*

daily physical activity prevents conditions such as obesity, high blood pressure, and high cholesterol levels.

## *For adults,*

daily physical activity helps delay chronic diseases associated with aging. It also maintains quality of life and allows older adults to live independently for longer.