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## PHYSICAL ACTIVITY



## What is physical activity

Physical activity is any movement that uses energy. This includes things like running, cycling, and even everyday movements like walking or cleaning.



## What are the benefits of being physically active

- Helps you keep a healthy body weight
- Improves your mood and supports mental health
- Makes your life feel better overall
- Strengthens your muscles and bones
- Helps you concentrate better
- Improves your sleep quality

## How to increase physical activity

- In the community
- Through school and youth programs
- With social support, like joining an exercise group or walking with friends
- Through personal help, like advice from a coach, doctor, or counselor