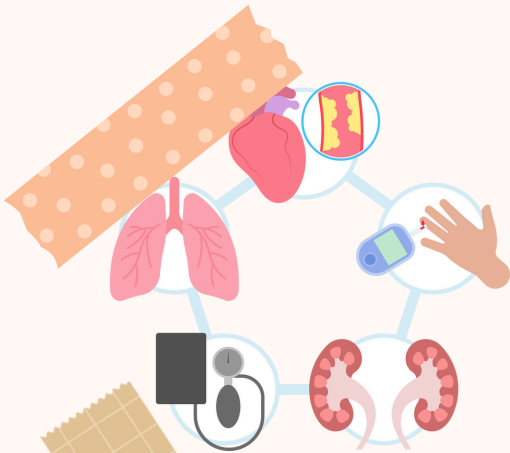
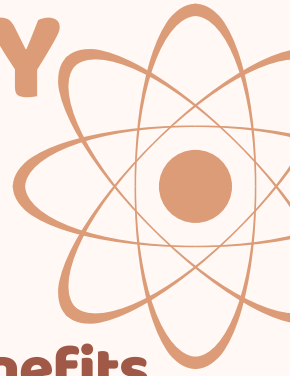


PHYSICAL ACTIVITY



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

