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## PHYSICAL ACTIVITY



## What is physical activity

Includes all physical movements
that result in energy
expenditure, such as running,
cycling, and any movement in
everyday life



## What are the benefits of being physically active

- Healthy body weight
- Promotion of mental health
- Improved quality of life
- Strengthening our muscles and bone health
- Improved concentration
- Better sleep quality

## How to increase physical activity

- At the community level
- Through school and youth programs
- With the help of social support, for example in the form of activity groups
- Through individual support