

Immediate benefits of physical activity



Improves sleep quality

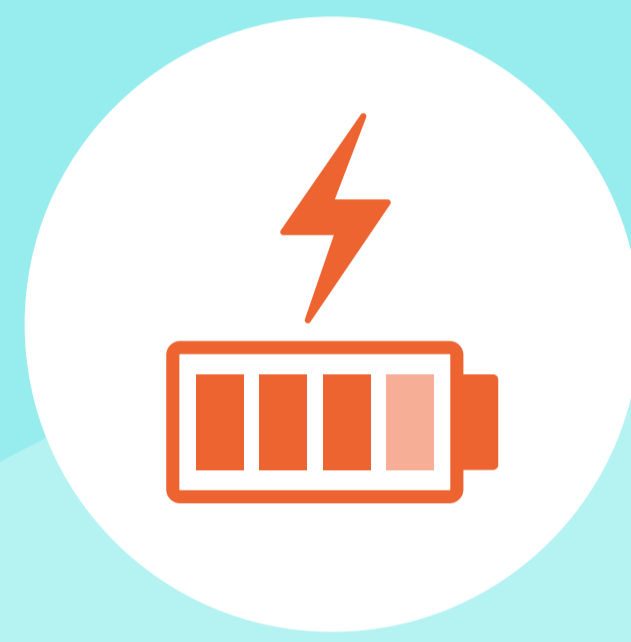


Reduces feelings of anxiety



Reduces blood pressure

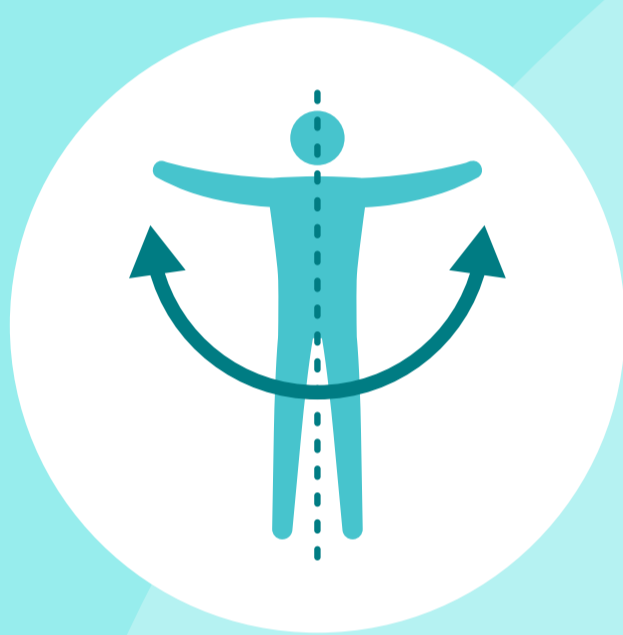
Long term benefits of physical activity



Boosts energy levels and productivity



Strengthens immune system



Improves balance and coordination



Relieves stress and boosts mental health



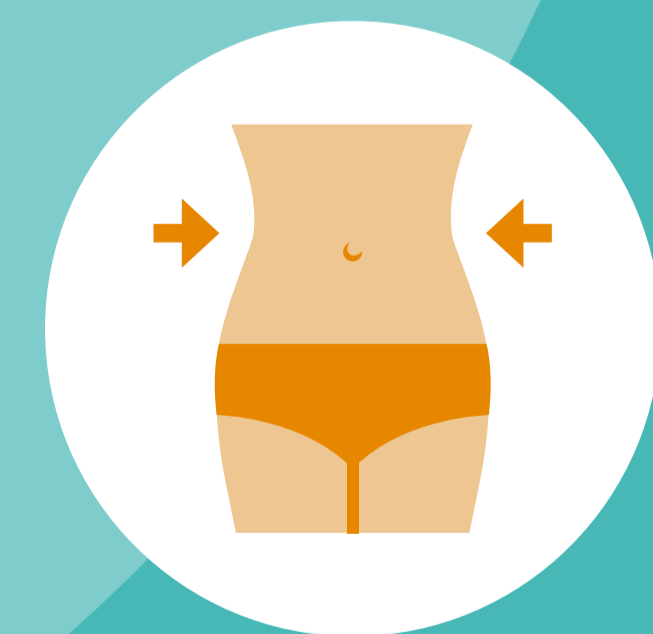
Improves heart health



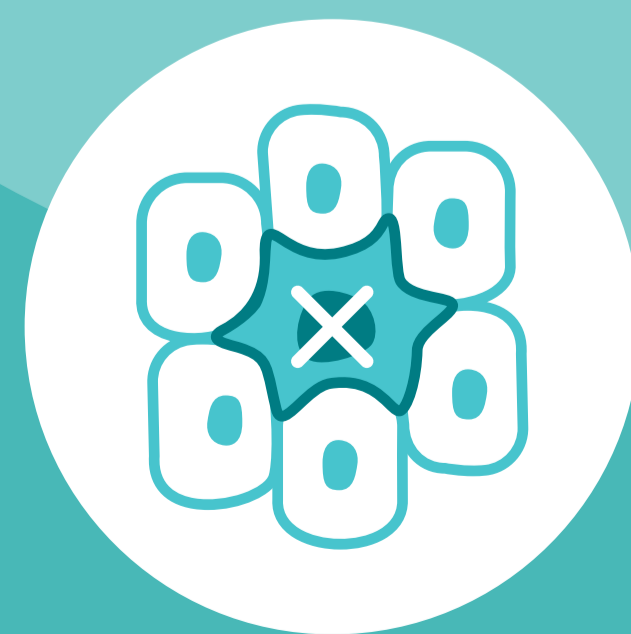
Improves lung health



Improves bone health and joint mobility



Reduces risk of weight gain



Helps prevent cancer



Increases muscles strength and flexibility