

LEARN THE BENEFITS OF PHYSICAL ACTIVITY

Maintaining regular physical activity is important for your overall well-being and physical health. Best of all, just 30 minutes of movement a day is all it takes to see the benefits.

Take a look below to learn about the benefits of physical activity:



Lowers your blood sugar levels



Lowers your blood pressure



Raises your good cholesterol (HDL)



Lowers your bad cholesterol (LDL)



Lowers your triglycerides



Improves your blood flow



Helps you maintain or lose weight



Lowers your risk of heart disease



Physical activity can also:

Improve your mood



Help you sleep better



Reduce stress



Increase energy

