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

JOHNS HOPKINS
M E D I C I N E