



## What are the Benefits of Regular Physical Activity? \*

### Regular physical activity...

- builds strong bones and strengthens muscles
- maintains flexibility
- helps achieve and maintain a healthy weight
- promotes good posture and balance
- improves fitness
- provides opportunities to meet new friends
- strengthens the heart
- improves physical self-esteem
- increases relaxation
- enhances healthy growth and development



\* Source: Canada's Physical Activity Guides for Healthy Active Living for Children and Youth, Health Canada, 2002.