

Benefits of physical activities

FROM CHILDHOOD TO OLD AGE, THE PRACTICE OF PHYSICAL ACTIVITIES HELPS REGULATE PHYSIOLOGICAL MECHANISMS AND EVEN CONTRIBUTES TO THE PREVENTION OF VARIOUS DISEASES.

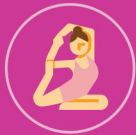
Main Health Benefits:



1 Improves the cardiorespiratory system



2 Prevents cardiovascular diseases, diabetes, cancer and depression



3 Prevents bone loss



5 Aids in keeping a healthy weight



6 Releases hormones responsible for the feelings of well-being and happiness



7 Improves cognitive function



10 Helps to reduce stress and anxiety

8 Decreases the risk of dementia and Alzheimer's

9 Improves the quality of sleep

Get active!

According to the World Health Organization, every adult needs a mix of different kinds of physical activities in order to live with well-being and health.

See the recommended combinations:

Aerobic and moderate intensity activities

The combination of aerobics and muscle exercises generally results in a good toning of the muscles and fat burning as well. While aerobic contributes to a healthy heart, bodybuilding increases muscle mass and accelerates metabolism.

At least 150 minutes of exercise per week is recommended.

Examples:

- Riding a bike
- Walking
- Running
- Swimming
- Dancing
- Walking the dog



Muscle toning and building activities:

At least 2 times a week

Examples:

- Bodybuilding (weightlifting)
- Pilates



Not being sedentary doesn't necessarily mean becoming an athlete, it only means becoming active! How about starting today?

