



# Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to enjoy doing moderate-intensity physical activity on a regular basis because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

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# Health Benefits of Strength Training

Strength training with resistance bands or light weights, or performing stomach crunches or leg lifts benefits you by:

- Increasing your metabolism to help achieve and maintain a healthy body weight
- Maintaining strong bones
- Improving your coordination
- Improving your posture