

# The Benefits of Physical Activity and Fitness

Developing a consistent fitness routine and participating in 60 minutes of physical activity every day will improve both your physical and emotional health. There are many ways to be physically active, from dancing and yoga to swimming and lifting weights—how you want to move is up to you! Take the time to improve your health and fitness now—and your body will thank you later!



Exercise enhances your mood and lowers levels of anxiety and stress.

Physical activity sharpens your focus, improves your memory and helps academic performance.

Adopting a physically active lifestyle can improve your sleep and relaxation.

Regular physical activity can decrease your risk of chronic diseases, including high blood pressure and diabetes, which are becoming more common among teens.

Sticking with a consistent fitness plan can enhance your sports performance by building strong bones and muscles.

Consistent exercise boosts the immune system to help your body fight off infections and viruses, like the common cold and flu.

## What is Your Why?

The key to sticking to your fitness plan is to create a plan that you will enjoy. Figuring out your why (i.e. why you want to embark on this fitness journey) is just as important as deciding what exercises you will fit into your plan. Therefore, before you create your fitness plan, take some time to reflect on your attitude about health and fitness and your thoughts about living a physically active lifestyle. Use the space below to share your thoughts about starting your fitness journey.