

This keeps the body mobile and improves flexibility

This means that a person will increase their bone density by weight-bearing activities

This means that high blood pressure can be reduced.

This can result in a lower blood pressure, known as hypertension

This improves the cardiovascular system and improves circulation

Physical activity improves fitness

Exercise enables people to maintain a healthy weight

This keeps the spine flexible and alleviates back pain

As it causes the body to become more resilient and less prone to injury

By reducing the body's need for insulin

This can result in a reduced chance of heart attacks or Coronary Heart Disease.

This can result in a reduced chance of type II diabetes

Exercise can result in the removal of cholesterol from the walls of the arteries.

Exercise improves the strength of bones

This reduces the chance of obesity

This increases it's ability to withstand and recover from illness.

Exercise strengthens the heart/ cardiac muscle

It also increases awareness of body position and improves confidence, all of which improve posture

Exercise helps strengthen core muscles (around abdomen) and mobilises the spine

Exercise helps maintain a healthy weight

This can result in less chance of osteoporosis or fractures

As it uses up calories for energy

Exercise strengthens muscles, bones and joints

This keeps the spine flexible and alleviates back pain