The American Heart Association recommends at least 150 minutes of moderate activity each week. Below are some reasons why physical activity is proven to improve both mental and physical health.

Physical Activity:

Boosts Mental Wellness
Regular physical activity can relieve tension, anxiety, depression and anger. You may notice a “feel good sensation” immediately following your physical activity, and most people also note an improvement in general well-being over time as physical activity becomes a part of their routine.

Improves Physical Wellness
Too much sitting and other sedentary activities can increase your risk of cardiovascular disease. One study showed that adults who watch more than 4 hours of television a day had a 46% increased risk of death from any cause and an 80% increased risk of death from cardiovascular disease. Becoming more active can help lower your blood pressure and also boost your levels of good cholesterol.

Prolongs Your Optimal Health
Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. People who are physically active and at a healthy weight live about 7 years longer than those who are not active and are obese.

In addition to the health benefits listed above, moderate exercise, like brisk walking, can have other health benefits such as:

- improves blood circulation, reducing risk of heart disease
- keeps weight under control
- helps in the battle to quit smoking
- improves blood cholesterol levels
- prevents and manages high blood pressure
- prevents bone loss
- boosts energy level
- helps manage stress
- counters anxiety and depression
- and more!

Sources: American Heart Association