

# Health Benefits of Physical Activity

## FOR CHILDREN

### Academic Performance

Improves attention and memory



### Brain Health

Reduces risk of depression

### Muscular Fitness

Builds strong muscles and endurance



### Heart and Lung Health

Improves blood pressure and aerobic fitness

### Cardiometabolic Health

Helps maintain normal blood sugar levels



### Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

### Bone Strength

Strengthens bones



### Healthy Weight

Helps regulate body weight and reduce body fat



# Physical Activity And Health

**Hongru Du**



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