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



Strengthens bones





Healthy Weight

Helps regulate body weight and reduce body fat.

Ira Wolinsky, Judy A. Driskell

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