

BENEFICIOS DEL DEPORTE

Mejora la forma y resistencia física

Regula las cifras de presión arterial

Mantiene la densidad ósea

Mejora la resistencia a la insulina

Ayuda a mantener el peso corporal

Aumenta el tono y la fuerza muscular

Mejora la flexibilidad y las articulaciones,
reduce la fatiga

Aumenta la autoestima y mejora
la autoimagen

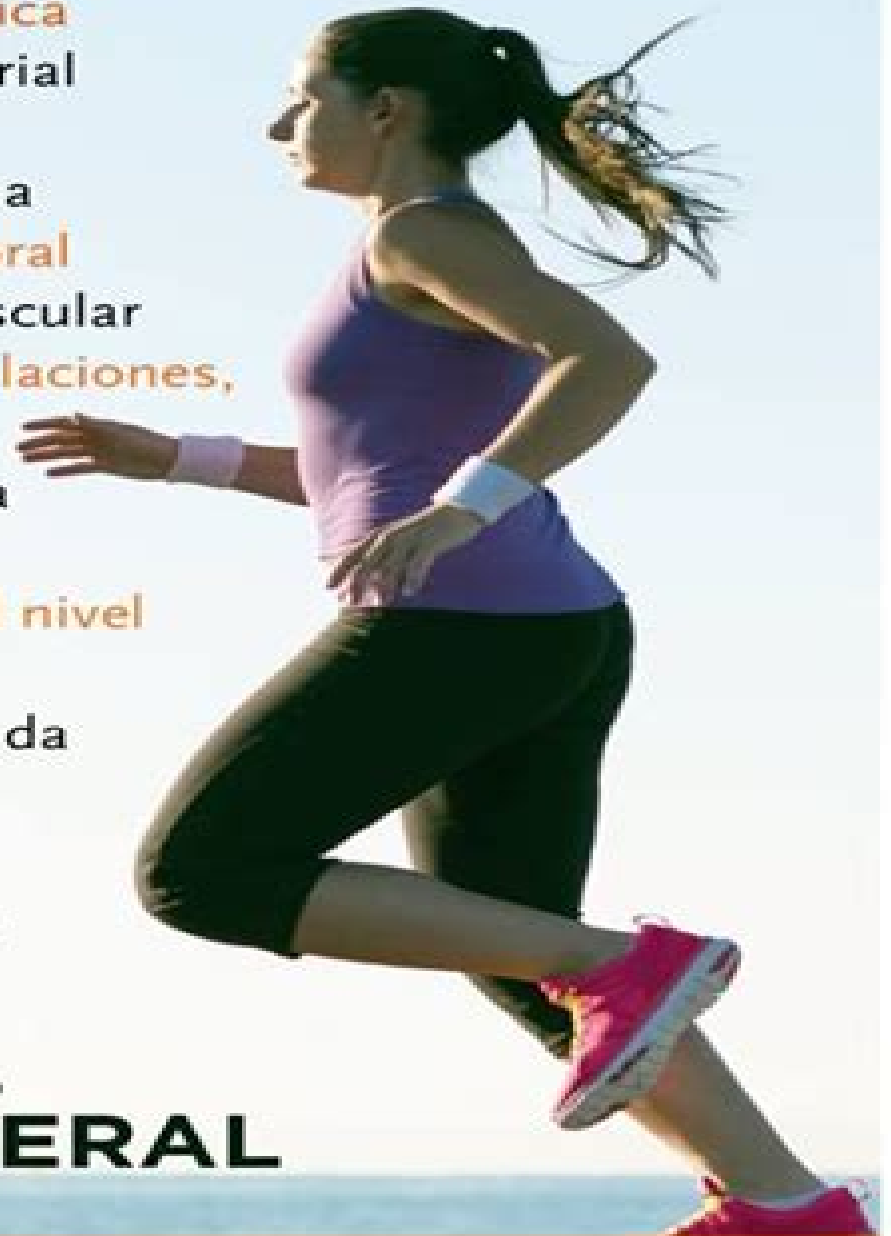
Reduce el aislamiento social y el nivel
de depresión

Rebaja la tensión y el estrés, ayuda
a relajarte

Aumenta el estado de alerta

Menor grado de agresividad, ira
y angustia

**INCREMENTA EL
BIENESTAR GENERAL**



Salud Ejercicio Y Deporte

Katrin Zwirgmaier



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