



# Celebrate National Physical Fitness & Sports Month

During May's National Physical Fitness Month, challenge yourself to increase your physical activity by 30 minutes each day. Why? The [benefits](#) from exercising are both immediate and far reaching:



It improves heart function & breathing.



It makes muscles & bones stronger.



It lowers the risk of getting some cancers, heart disease, osteoporosis and type 2 diabetes



It helps keep blood pressure under control.



It gives you more energy & can improve your performance



It helps control your weight.



It improves your sex drive.



It lowers cholesterol.



It relieves stress & lowers the risk of depression & anxiety – making you sleep better.



It can help you live longer.

Out of the 24 hours in a day, your 30 minutes of physical activity can include a variety of activities. Listed are examples:

- Using the stairs instead of the elevators.
- Taking a walk during lunch breaks.
- Doing chores around the home such as gardening, push mowing or weed wacking, and vacuuming/cleaning.
- Enjoying sport - recreation activity.



Click on the QR code to obtain more information and ideas about improving your active living lifestyle.

