50 Reasons to be physically active!

1) Reduces Stress
2) Makes you feel happier
3) Improves learning abilities
4) Builds self-esteem
5) Lifts your mood
6) Keeps your brain fit
7) Sharpens memory
8) Boosts mental health
9) Boosts your immune system
10) Has anti-aging effects
11) Improves sleeping patterns
12) Keeps your body fit & able
13) Helps prevent strokes
14) Improves body image
15) Alleviates anxiety
16) Improves joint function
17) Improves muscle strength
18) Helps to control addictions
19) Boosts productivity
20) Boosts creative thinking
21) Gives you confidence
22) Helps you keep focused in life
23) Strengthens your bones
24) Improves eating habits
25) Prevents colds
26) Increases longevity
27) Strengthens your heart
28) Lowers risk of (certain) cancers
29) Improves posture
30) Improves appetite
31) Improves cholesterol levels
32) Lowers high blood pressure
33) Fights dementia
34) Eases back pain
35) Lowers risk of diabetes
36) Decreases osteoporosis risk
37) Prevents muscle loss
38) Increases energy & endurance
39) Increases sports performance
40) Increases pain resistance
41) Reduces feelings of depression
42) Improves balance & coordination
43) Improves oxygen supply to cells
44) Improves concentration
45) Helps with self-control
46) Lessens fatigue
47) Increases sex drive & satisfaction
48) Improves quality of life
49) Prevents falls resulting in fractures
50) Reduces risks of developing colon and breast cancers