



Name _____ Class _____ Date _____

Improving Health

Regular physical activity is one of the most important things people can do to improve their health. **Moving more** and **sitting less** have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level.

Physical activity promotes **normal growth and development** and can make people feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases. Health benefits start immediately after exercising, and even short episodes of physical activity are beneficial.



PREVIEW

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New Evidence of Physical Activity Benefits

Evidence for the benefits of physical activity has continued to grow since the **2008 U.S. Department of Health & Human Services Guidelines** were published. Here are just a few of the recently identified benefits:

- *Improved bone health and weight status for children ages 3–5 years.*
- *Improved cognitive function for youth ages 6–13 years.*
- *Reduced risk of cancer at a greater number of sites.*
- *Brain health benefits, including improved cognitive function, reduced anxiety and depression, and improved sleep and quality of life.*
- *For people with various chronic medical conditions, reduced risk of mortality, improved physical function, and improved quality of life.*



