

51 reasons to be active

Need a good reason to build a regular physical activity routine? Here are 51 great benefits from regular activity. Circle the ones that are most important to you and will give you the greatest benefits.

1. Burns calories	20. Enhances muscle and joint flexibility	41. Improves your mood
2. Maintains your metabolism	21. Improves your posture	42. Helps you relax
3. Boosts fat burning	22. Boosts your immune system	43. Enhances stress management
4. Tones your body	23. Improves sleeping patterns	44. Keeps you alert
5. Improves weight loss and maintenance	24. Assists efforts to stop smoking	45. Increases productivity
6. Allows you to eat more and still maintain calorie balance	25. Reduces lower back pain	46. Helps you stay independent
7. Helps you wear the clothes you want to wear	26. Reduces risk of varicose veins	47. Boosts your creativity
8. Reduces fatigue	27. Helps relieve constipation	48. Improves your self esteem
9. Boosts your fitness	28. Helps alleviate menstrual symptoms	49. Boosts your feeling of control over your lifestyle
10. Gives you more energy to achieve more	29. Strengthens your bones	50. Sets a good example for family and children
11. Makes it easier to do household chores	30. Improves circulation	51. Provides more "me time"!
12. Increases enjoyment of recreational activities	31. Increases your lung capacity	
13. Allows you play with the kids	32. Enhances glucose tolerance	
14. Makes active holidays more enjoyable	33. Increases good cholesterol	
15. Lowers your resting heart rate	34. Reduces hypertension	
16. Enhances your endurance and stamina	35. Cuts the risk of type 2 diabetes	
17. Increases muscle strength	36. Reduces risk of heart attack	
18. Preserves lean muscle tissue	37. Helps manage asthma	
19. Improves balance	38. Reduces risk of osteoporosis	
	39. Reduces the need for some medications	
	40. Reduces medical expenses	

