

Benefits of Activity

If exercise or activity were a pill, everyone would be taking it!

There is evidence that exercise has a positive effect on a number of different areas.

It can reduce your risk of heart disease, stroke, type 2 diabetes, cancer, falls and fractures. Exercise also has a positive impact on your mental health in the short and long-term as it reduces the risk of stress, depression and developing Alzheimer's disease.

Due to this, exercise increases the average period of time a person may expect to live (your life expectancy).

During your life, exercise has been shown to improve your self esteem, mood, sleep and sex life as well as your strength, bone density and co-ordination.

Doing anything is better than nothing, but there is guidance to help you understand how much you should aim to do for the best result.

This information has been printed from MOVE BETTER GWENT

For more information, please visit our website: <https://movebettergwent.nhs.wales>