

# ACTIVITY

**WHY  
ACT  
NOW**

## Honour Your Health

“Physical activity gives you Strength.  
Mentally, Spiritually, Emotionally and Physically”



### How does activity benefit your PHYSICAL health?

- \* Increases well-being and happiness
- \* Increases metabolism
- \* Improves cardiovascular fitness (heart health)
- \* Maintain healthy body weight
- \* Strengthens muscles and bones
- \* Improves sleep, stimulates a healthy appetite

### How does activity benefit your MENTAL health?

- \* Generates endorphins (neurological chemicals that make us feel happy)
- \* Provides a natural energy boost
- \* Reduces anxiety, stress and mental fatigue
- \* Improves memory and concentration
- \* Inspires creativity
- \* Keeps you focused and motivated



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How does activity benefit your  
EMOTIONAL health?

- \* Connecting with others
- \* Wellness and well-being
- \* Centered and happiness
- \* Pride & self-esteem
- \* Strength—emotionally, physically and spiritually
- \* Creating friendships brings laughter

How does activity benefit your  
SPIRITUAL health?

- \* Creates balance
- \* Enhances you values and gives you purpose
- \* Provides you knowledge
- \* Infuses your passion
- \* Inspires creativity
- \* Passing on Traditions



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