regular physical activity can lower your

risk of heart and circulatory disease by

35 percent

when you are active the heat produced by

your muscles increases your body

temperature making you feel warmer

your heart starts to beat faster pumping

more blood to the muscles you are using

your heart is also a muscle

if you are active regularly it gets

bigger and stronger

your muscles are working harder so they

need more oxygen

you start to breathe faster so your

blood can pick up more oxygen from your

lungs

your lungs work harder to make this

happen

once your blood has picked up oxygen

it moves to the muscles you are using

[Music]

giving them the extra oxygen they need

if you are active regularly more

capillaries grow in the muscles you've

been working

this is one reason why activity starts

to feel easier over time

[Music]

getting active is great for people with

diabetes if you have type 2 diabetes you

have too much glucose in your blood

probably because you don't have enough

insulin

physical activity helps you use the

insulin you do have it also helps your

cells use glucose even when there is no

insulin

regular physical activity can improve

your memory and attention span over time

the bit of the brain involved in memory

and learning seems to get bigger

long-term physical activity leads to a

lower resting heart rate and lower blood

pressure

this helps cut your risk of heart and

circulatory disease

and there are more reasons to smile

when you're active your brain produces

chemicals called endorphins these reduce

feelings of pain and make you feel more

positive getting active cuts down on

stress hormones reducing anxiety

combine activity with a balanced diet

and you'll help yourself reach and

maintain a healthy weight

aim for 150 minutes of moderate

intensity activity per week try to be

active every day

every 10 minutes counts

الإنجليزية (تم إنشاؤها تلقائيًا)

الكلّمحتوى مشابه