Benefits of physical activity

Physical activity has notable benefits in the following areas:

- **Improves mental health:** Endorphins released during and after exercises help in making people feel happy. Physical activity is beneficial in managing depression, anxiety, mood disorders and other psychological problems.
- **Improves cognitive function**: Physical activity improves alertness, judgement, capacity to process information. It also reduces the risk of developing dementia with age.
- **Improves muscle and bone mass**: physical activity helps to build muscle and bone mass.
- **Skin:** physical activity improves circulation and helps to keep the skin well hydrated and excrete waste
- **Heart:** physical activity helps to make the heart muscles stronger
- **Blood vessels:** physical activity helps to make the blood vessels to open very well
- **Lungs:** physical activity helps to get the lungs strong and able to support breathing.
- **Colon**: helps to improve bowel movement and reduces the risk of bowel cancer
- **Sleep:** helps to improve sleep