Physical Activity Benefits

Short-Term



 Increased release of mood-boosting hormones

Long-Term

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Improved Brain Health

- Reduced risk of developing dementia
- Reduced risk of depression



Increased Self-efficacy

 Your belief you can complete a desired task

Greater Social Interaction and Engagement Opportunities

> Improved connectedness and confidence

Distraction from Academic Pressures

• Come back to study with a fresh mindset

Improved Mood Regulation

Enhanced Coping Strategies

• Deal with stress better



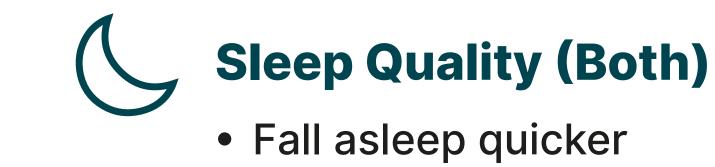
- Self-worth and image
- Acceptance of self



Improved Digestion

- Regular bowel movements
- Increased nutrient absorption

BENEFITS KEY:



Improved Heart Health

 Reduced risk of heart disease, stroke, type-2 diabetes

Reduction in Cancer Risk

 Bowel/colon, breast, stomach, lung, bladder, endometrium, kidney, oesophagus

Positive Changes in Physical Function

- Improved strength
- Improved balance
- Improved flexibility
- Improved co-ordination

Positive Changes in Body Composition



Psychosocial

- Better quality sleep
- Wake up in the night less
- More energy in the morning
- Increases in muscle mass
- Improved bone density
- Improved joint function
- Healthy weight



Sport, Exercise and Health

MOVING MORE FOR OUR MENTAL HEALTH