28 Reasons to be Physically Active:

1. Build self-esteem
2. Build muscle mass
3. Increase blood vessel elasticity
4. Increase joint flexibility
5. Control blood pressure
6. Control appetite
7. Strengthen bones
8. Strengthen heart muscle
9. Reduce anxiety
10. Reduce fat stores
11. Maintain mobility
12. Maintain stamina
13. Improve creativity
14. Improve quality of sleep
15. Promote healthy aging
16. Promote good posture
17. Reduce cancer risk
18. Reduce diabetes risk
19. Raise body metabolism
20. Raise HDL cholesterol
21. Decrease fatigue
22. Decrease depression
23. Provide a natural high
24. Provide fun entertainment
25. Improve immune system
26. Improve mood and outlook
27. Add years to your life
28. Add life to your years