

Benefits of Activity



Maintains healthy weight

Improves sleep



Makes you feel good

**Strengthens muscles and bones.
Improves bone mineral density**



Improves health and fitness

**Helps to decrease fatigue
(a feeling of constant tiredness or weakness)**



**Improves body composition,
reduces fat and builds muscle**

Develops co-ordination

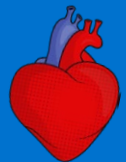
Builds confidence and social skills



Improves concentration and learning

Helps to improve blood pressure

Strengthens heart muscles



Can make it easier to manage blood glucose levels

**Helps improve diabetes management
(reduces hba1c) and increase protection against complications.**

Improves insulin sensitivity and reduces the amount of insulin required, if taking insulin

