

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



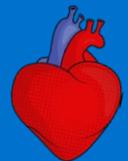
Builds confidence and social skills



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

