



Video transcription

Why is it important to stay active to take care of your health?

Being active is one of the best ways to stay healthy. Regular physical activity helps prevent diseases and improves your overall health—physically, mentally, and emotionally.

The human body is built to move. If we sit or lie down too much, it can increase the chances of getting health problems like heart disease, type 2 diabetes, obesity, and some types of cancer. Being active will:

- **Keep your heart healthy:** Activities like walking, swimming, and cycling make your heart stronger, improve blood flow, and lower blood pressure.
- **Control your weight:** Exercise helps burn calories and keeps your weight healthy.
- **Prevent type 2 diabetes:** Being active helps keep your blood sugar levels normal and makes your body more responsive to insulin.
- **Strengthen your bones and muscles:** Walking and weight training can make your bones stronger and lower the risk of osteoporosis, especially in older adults.

What are the mental health benefits of physical activity?

- **Physical activity can help to reduce stress and anxiety:** Exercise is a great way to reduce stress and help with anxiety. When you move your body, your brain releases endorphins, which are chemicals that make you feel happy and relaxed. These "happy hormones" help reduce stress and make you feel good. Activities like walking in nature, yoga, or stretching can be especially calming. If you feel stressed or anxious often, talking to a doctor can help you find the right physical activities for your mental health.
- **Physical activity can improve sleep:** Exercise can help you sleep better. When you work out, your body uses energy, making you feel naturally tired at bedtime. Exercise also helps your body's internal clock (called the circadian rhythm) work properly, so you feel sleepy at the right time. Active people often fall asleep faster, sleep more deeply, and wake up feeling refreshed. Morning or afternoon workouts are best for sleep, but exercising too late at night can sometimes make it harder to sleep.
- **And physical activity can boost self-esteem:** Exercise isn't just about changing how your body looks—it also makes you feel stronger and more confident. When you set and reach small fitness goals, like walking a certain distance or improving your swimming ability, you feel proud of yourself. This helps you feel more confident and positive. Over



time, staying active can help you feel in control of your health, which also boosts your self-esteem.

If you're thinking about doing more intense workouts, talking to a trainer or a health expert can help you stay safe and reach your goals.