

Health Benefits of Physical Activity

FOR CHILDREN

Academic Performance

Improves attention and memory



Brain Health

Reduces risk of depression



Muscular Fitness

Builds strong muscles and endurance



Heart and Lung Health

Improves blood pressure and aerobic fitness



Cardiometabolic Health

Helps maintain normal blood sugar levels



Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity



Bone Strength

Strengthens bones



Healthy Weight

Helps regulate body weight and reduce body fat



Your Health Activity

Judd E. Hollander



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