

## **Sense of Accomplishment**

\_\_\_\_\_ can give us a great sense of accomplishment because:

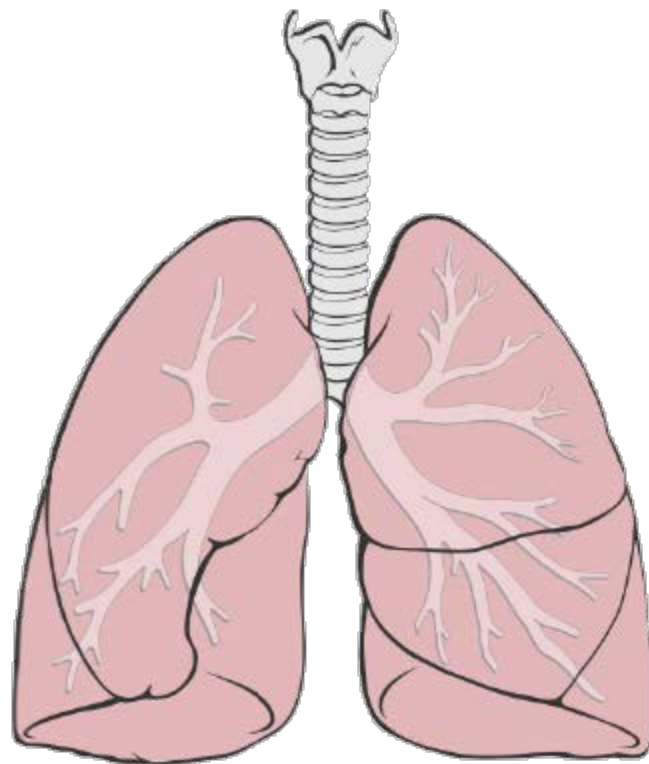
- We had the courage to try something new!
- We completed an activity that we really wanted to do!
- We achieved a physical activity goal and we feel great!

---

## **Lung Health**

\_\_\_\_\_ helps our lungs be healthy and strong and that is important because:

- Strong lungs deliver oxygen to the rest of our body.
- Strong lungs help us to take deep breaths. If we cannot take deep breaths, we can get “shortness of breath” and that can make us feel light headed and dizzy. If we get dizzy we might not be able to enjoy our daily activities and our physical activities.



## **Brain Health**

\_\_\_\_\_ helps our brain be healthy by pumping blood throughout our entire body, including our brain, and that is important because:

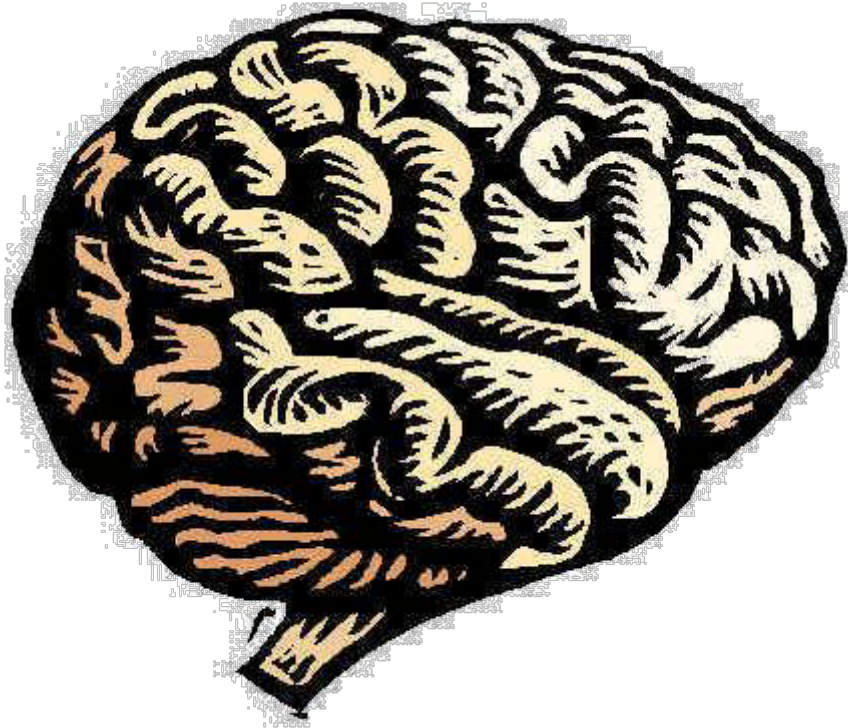
- A healthy brain improves our mood and we feel better.
- A healthy brain helps our memory so we can remember things better.
- A healthy brain helps our ability to focus and maintain attention.

---

## **Prevent Type II Diabetes**

\_\_\_\_\_ helps prevent and control type 2 diabetes because:

- It helps us maintain an ideal body weight and that can help decrease our chances of developing type 2 diabetes.
- It can help us lose weight. If we are overweight, losing even 5-10 pounds can decrease our risk of developing type 2 diabetes.
- It can help decrease our high blood pressure.
- It helps control blood glucose or blood sugar levels.



## **Injury Prevention**

\_\_\_\_\_ can help us prevent injuries because:

- When our body is fit and strong we have better balance and that helps us not fall and get injured.
- Muscles that are active are more flexible and healthy and that helps us not pull or tear our muscles. That is why stretching is also important to help prevent injuries.
- When we do a physical activity we need to remember to drink plenty of water because staying hydrated can also help our muscles not get injured.

---

## **Weight Loss**

\_\_\_\_\_ can help us lose weight because we:

- Burn calories.
- Increase our muscle mass.
- Have more energy to do other physical activities.



## Heart Health

\_\_\_\_\_ helps our heart to be healthy because our heart is a muscle, and like the other muscles in our body, it needs regular exercise to be strong and that is important because:

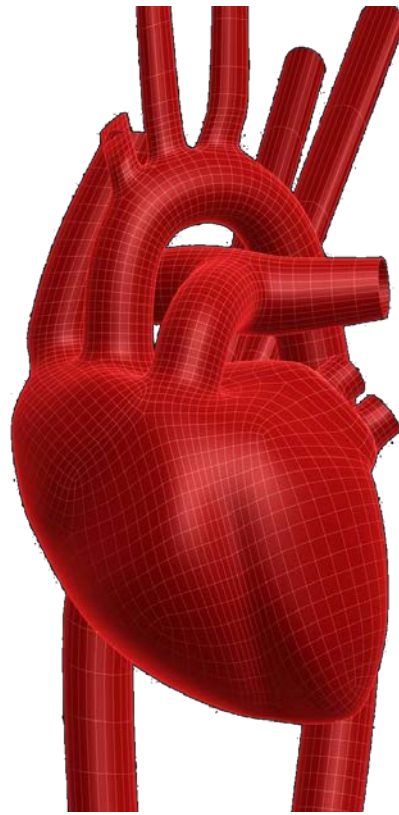
- A healthy heart improves circulation (which is the blood flow through our bodies) and increases our energy.
- A healthy heart means we can live longer and reduces our chances of getting heart disease.

---

## Strong Muscles

\_\_\_\_\_ helps our muscles be healthy and that is important because:

- If we do not keep our muscles strong, as we get older, we lose our muscles mass.
- Our strong healthy muscles can help us loss weight and maintain weight because muscles burn more calories than fat.
- Our strong muscles allow us to do the things we like to do and live an independent lifestyle.





## **Bone Loss**

\_\_\_\_\_ helps prevent bone loss, which is important because:

- Our bones provide our bodies structure and protect our organs.
- Bones also anchor muscles and store calcium. Calcium is an important nutrient that helps our heart muscles and nerves work properly.

Healthy bones can help us prevent osteoporosis. Osteoporosis is when our bones get weak and that can increase our risk of broken or cracked bones.

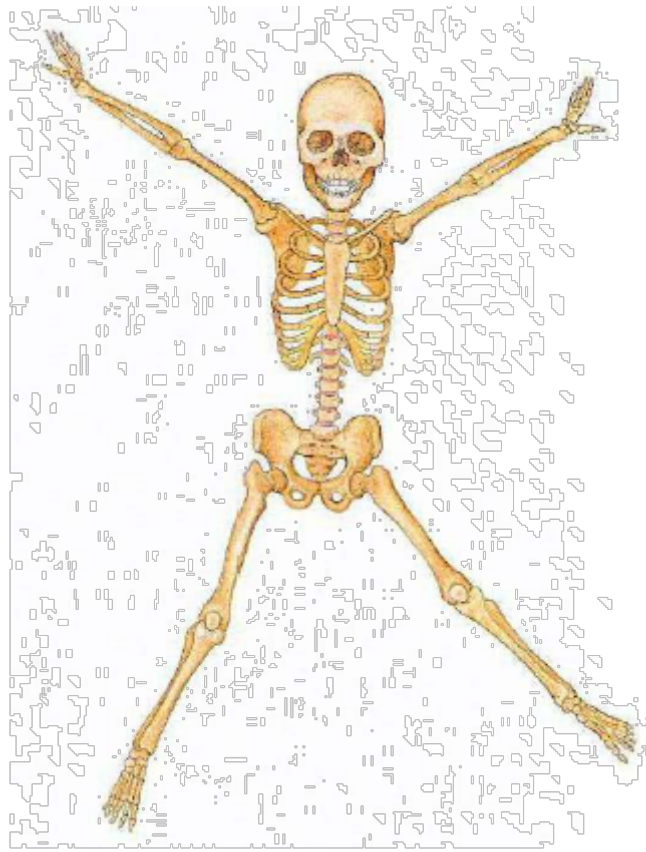
---

## **Balance**

The physical activity \_\_\_\_\_ helps with balance, which is important because:

- Balance promotes good posture and creates a stable foundation for your entire body.
- Balance can help you to build stronger muscles because you are able to do more things when you have good balance.
- Balance helps you perform better in sports and improve your coordination.

Good balance helps reduce risk of injury from falls.



## Meet Other People

\_\_\_\_\_ helps us get out and meet other people and that is important because:

- We can make new friends!
  - We can support and encourage each other.
  - It is fun to share common interests with other people.
  - We can encourage each other to try other types of physical activities.
-



---