

Why Get Active?

Control Your Weight!

Making physical activity a habit helps you achieve and maintain a healthy weight. If you need to lose weight, physical activity increases your ability to burn calories and curb your appetite.

Improve Your Health!

Regular physical activity can help you lower your cholesterol, blood pressure, and blood sugar levels. It can reduce your risk for heart disease, diabetes, high blood pressure, osteoporosis, and even some cancers.

Increase Your Energy!

Being physically active increases your general energy level and stamina. You feel less tired! Daily physical activity helps you to sleep better, too, which can improve your mental alertness.

Feel Happy!

Physical activity can fight depression and increase self-esteem. Physically active people cope better with stress and have more fun.

Give Your Kids the Best Start!

By being physically active and encouraging physical activity, parents can protect their children from obesity, depression and low self-esteem. Physical activity helps build stronger kids and stronger families.