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# **Movin' Communities**

## **Benefits of Physical Activity...**

- 🚲 **Reduces the risk of dying prematurely.**
- 🚲 **Reduces the risk of dying from heart disease.**
- 🚲 **Reduces the risk of developing diabetes.**
- 🚲 **Reduces the risk of developing high blood pressure.**
- 🚲 **Helps reduce blood pressure in people who already have high blood pressure.**
- 🚲 **Reduces feelings of depression and anxiety.**
- 🚲 **Helps control weight.**
- 🚲 **Helps build and maintain healthy bones, muscles, and joints.**
- 🚲 **Helps older adults become stronger and better able to move about without falling.**
- 🚲 **Promotes psychological well-being.**

<http://www.cdc.gov/nccdphp/sgr/ataglan.htm>

**Exercise increases  
energy levels!**

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