

Benefits of physical activity for overall health



Prevention and Health Education Unit
Prepared by Licensed Health Educators

Objectives

Explain what physical activity is and its importance.

Identify the main benefits of physical activity at different stages of life.

Promote the adoption of active and safe habits.



What is physical activity?

- Physical activity is any movement of the body produced by the muscles that requires energy expenditure
- It includes everyday activities such as walking, climbing stairs, and playing, as well as sports and structured exercises.
- Regular physical activity helps keep the body active, healthy, and functional, contributing to physical and mental well-being.



General Benefits of Physical Activity

Improves heart and lung health

Helps maintain a healthy weight.

Strengthens muscles and bones.

Reduces the risk of chronic diseases.

Improves mood and reduces stress.

Increases energy and improves sleep quality.

Improves concentration and emotional well-being.



**Intense exercise isn't
necessary; what
matters is moving
every day.**



Benefits of Physical Activity Across Life Stages

Physical Activity During Childhood

- Supports healthy growth and development
- Improves coordination, balance, and agility
- Helps maintain a proper weight
- Strengthens bones and muscles
- Promotes socialization and teamwork

Active play is essential during this stage.



Examples



Outdoor games: running, jumping rope, playing ball



Biking or Skating

Teen Physical Activity

- Improves self-esteem and body image
- Reduces stress, anxiety, and depression
- Promotes concentration and academic performance
- Helps create long-term healthy habits
- Decreases sedentary lifestyle



Examples



Team sports
(football, basketball,
volleyball)



Dancing, jogging, or
basic functional
workouts

Physical activity contributes to both physical and emotional well-being.

Physical Activity in Adulthood



- Reduces the risk of chronic diseases
- Improves cardiovascular health
- Helps with body weight control
- Decreases stress and improves mood
- Increases energy for daily activities

Examples



Brisk walking or light jogging



Home exercises (bodyweight training, stretching)



Being physically active enhances physical and emotional well-being.

Physical Activity in Older Adulthood

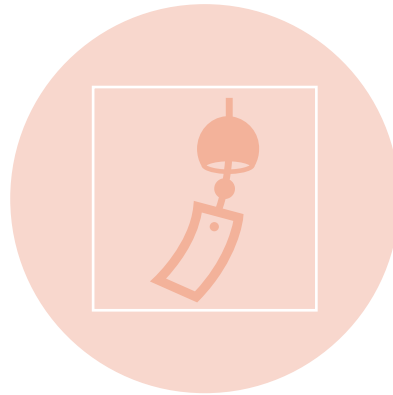
- Maintains mobility and independence
- Reduces the risk of falls
- Preserves muscle strength and balance
- Improves memory and cognitive function
- Promotes socialization and emotional well-being



Examples



GENTLE HIKES



BALANCE AND
MOBILITY EXERCISES
(TAI CHI, STRETCHING)



Physical Activity During Pregnancy

- Helps control weight gain
- Reduces low back pain and muscle discomfort
- Improves circulation and decreases swelling
- Reduces stress and improves mood
- Decreases the risk of gestational diabetes and hypertension
- Promotes better rest and prepares for childbirth



Examples



Slow, steady, and controlled walking



Light stretching and strengthening exercises (e.g., prenatal yoga)



Physical Activity for People with Chronic Conditions or Disabilities

- Improves functional capacity
- Decreases pain and stiffness
- Helps control the disease
- Improves quality of life
- Promotes social inclusion



Examples

Exercises adapted to the individual condition (joint mobility, light resistance)

Supervised water activities or guided walks



General Recommendations

To promote safe and consistent physical activity, it is essential to:

Consult with
your doctor
before starting

Hydrate properly
(water before,
during, and after)

Heat 5-10
minutes

Progressing
gradually

Wear
comfortable
clothes and shoes


Listen to your
body

Seek support



**Questions or
Comments**

References

- <https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>
 - <https://www.cdc.gov/physical-activity/php/about/index.html>
 - <https://www.cdc.gov/physical-activity-basics/guidelines/healthy-pregnant-or-postpartum-women.html>
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Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following hotlines:

Available Service Lines

Medical Advice Line


24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service 1-844-347-7800

TTY/TDD 1-844-347-7805



Thank
you!



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ASES

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Línea libre de cargos

1-800-981-2737

TTY 787-474-3389