

## The Benefits of Physical Activity for Overall Health

### What is physical activity?

Physical activity is any movement of the body produced by muscles that requires energy expenditure. It includes everyday activities such as walking, climbing stairs, playing sports, or structured exercise. Regular physical activity helps keep the body active and functional.



### What are the 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 sleep quality

### Benefits of physical activity, according to the population:

#### Children

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

#### Teens

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

#### Adults

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

#### Older adults

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

#### Pregnant women

- Helps control weight gain during pregnancy
- Reduces lower back pain and muscle discomfort
- Improves circulation and reduces swelling
- Reduces stress and improves mood
- Reduces the risk of gestational diabetes and hypertension
- Promotes better rest and sleep quality
- Contributes to better physical preparation for childbirth



### People with chronic illnesses or disabilities

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



### General recommendations for physical activity

- Get at least 30 minutes of physical activity every day
- This can be broken down into 10- to 15-minute periods
- Start gradually and increase the intensity little by little
- Combine aerobic, strength, and flexibility activities
- Stay hydrated and wear comfortable clothing

### Physical activities recommendations

- Walking, jogging, running, or cycling
- Dancing or recreational games
- Sports
- Home exercises

### Safety recommendations

- Warm up and stretch before and after activity
- Stop the activity if you feel dizzy, in pain, or short of breath
- Consult your healthcare professional if you have any medical conditions
- Wear appropriate footwear

Physical activity is a simple and accessible tool for improving health and quality of life at all stages of life. It is not necessary to engage in intense activities; the most important thing is to move every day. Incorporating physical activity into your daily routine contributes to physical, mental, and social well-being.

### Social and Emotional Aspects

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

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

### 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>

<https://www.cdc.gov/physical-activity-basics/guidelines/healthy-pregnant-or-postpartum-women.html>

Prepared by Licensed Health Educators.

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