

It can sometimes seem too hard to exercise, with time, money, tiredness and other factors getting in the way. However, reminding ourselves of the benefits of exercise can help keep us motivated.

- ✓ Regular physical activity can help prevent or manage a wide range of health problems including stroke, type 2 diabetes, depression, some cancers, arthritis, osteoporosis, and falls.
- ✓ Being active boosts the "good" cholesterol and decreases your risk of cardiovascular diseases.
- ✓ Regular physical activity can improve your muscle strength and boost your endurance. Improving overall fitness can give you more energy.
- ✓ Physical activity can leave you feeling happier and more relaxed.
- ✓ You may also feel better about your appearance and yourself, which can boost your confidence and improve your self-esteem.
- ✓ Regular physical activity can help you fall asleep faster and deepen your sleep.
- ✓ Regular physical activity can lead to enhanced arousal for women and less problems with erectile dysfunction for men.
- ✓ Exercise and physical activity can be fun. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.
- ✓ Physical activity can help you connect with family or friends in a fun social setting.

You don't need to set aside large chunks of time for exercise to reap weight-loss benefits.

If you can't do an actual workout, get more active throughout the day in simple ways by taking the stairs instead of the elevator or revving up your household chores.

Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

Speak to your GP today about services in the community to assist with exercise.