

Why Move More?

There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.

1. Nervous System

- Improves concentration, creativity and performance
- Reduces stress, anxiety and frustration

2. Bones

- Strengthens bones and improves muscle strength and endurance
- Makes joints more flexible allowing for easier movement
- Reduces back pain by improving flexibility and posture
- Reduces the risk of osteoporosis and fractures

3. Heart

- Reduces the risk of developing heart disease and stroke

4. Blood

- Improves blood circulation to all body parts
- Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
- Helps to lower high blood pressure and prevent high blood pressure from occurring

5. Digestive System

- Helps control appetite
- Improves digestion and waste removal

6. Lungs

- Slows the rate of decline in lung function
- Improves body's ability to use oxygen

7. Others

- Reduces the risk of developing diabetes and some cancers
- Helps to maintain a healthy body weight
- Improves self-image and sense of well-being
- Improves the immune system
- Helps to sleep well and feel more rested