

# Benefits of Physical Activity

Current message from the World Health Organisation with regards to the overall benefits of Physical Activity and Exercise



**Improves Heart Health**



**Helps Lower High BP**



**Improves Bone Health**



**Helps to Promote  
Positive Mental Health**



**Physical activity  
contributes to  
preventing & managing  
noncommunicable  
diseases such as  
cardiovascular diseases,  
cancer and diabetes**



**Helps to Increase  
Strength & Overall  
Quality of Life**

**buzz**

Manchester  
Health & Wellbeing  
Service

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**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust