

Health benefits associated with physical activity

(based on moderate or strong evidence)

Health benefits across the life course



Mental health and wellbeing



Fitness



Healthy weight management



Muscle and bone strength



Improved sleep



Reduced risk of

- All cause mortality
- Stroke
- Heart diseases
- Type II diabetes
- Some cancers

Children

- Healthy growth and development
- Coordination
- Concentration and learning



Adults

- Prevents joint and back pain
- Improves hypertension
- Manages stress



Pregnant or postpartum women

- Lowers risk of gestational diabetes and hypertension
- Supports wellbeing



Adults living with disability or long term conditions

- Supports independence
- Quality of life
- Improves physical function



Older adults

- Reduces risk of falls and frailty
- Improves physical function
- Supports brain health

