

# Exercise ...



Healthy Habits . Healthy Life . Healthy India

## In Growing Children

- Helps in bone and body development
- Increases functioning capacity of heart and lungs
- Builds reserves for coping with stress, diseases and injuries
- Maintains overall hormonal balance & good body metabolism
- Provides appropriate channel for release of energy
- Brings about sound sleep and relaxation
- Aids mental growth

## In Adolescents

- Builds good muscle mass and tougher bones
- Makes physical appearance attractive
- Helps cope with mental stress and difficult situations
- Builds-up confidence
- Enhances performance in sports and games
- Improves immune system and avoids infections
- Improves appetite and nutritional status

## Young Adults

- Controls high blood pressure
- Prevents diabetes and heart diseases
- Maintains body weight and ideal body fat distribution
- Helps to adapt to challenges in daily life

## Older Adults

- Controls blood pressure
- Reduces risk of heart attack
- Reduces risk of colon cancer
- Controls diabetes
- Helps avoid anxiety and depression
- Leads to better body balance
- Minimizes risk of joint problems
- Regularizes bowel movements and avoids constipation
- Prevents diseases
- Facilitates recovery from injury and diseases
- Improves quality of life

