

Benefits of Physical Activity & Skill Building Handout

BENEFITS OF PHYSICAL ACTIVITY

This educational tool lists the various health benefits of physical activity. Continue to fill in the chart with additional benefits that are important to you for being physically active.

Long-Term Health Benefits of Physical Activity

Reduces health risks for heart disease, obesity, diabetes, cancer, depression etc
Strengthens heart & improves fitness
Maintains & achieves healthy weight
Builds strong bones & strengthens muscles
Aids digestive system and relieves constipation
Improves posture and balance
Prolongs independence as ageing occurs
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Suggestions for Skill Building

Examine whether physical activity is a challenge. This can be from physical aspects such as fitness conditioning, injuries, physical disabilities or other reasons.

Here are some suggestions for building up your physical activity:

- Keep the physical activity short and simple to start and build up over time
- Walk at a pace that feels comfortable and gradually build up to a higher intensity
- Find others to engage in physical activity with

Brainstorm some ways you can start off slow and make the behavior simple:

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ENJOYMENT

This self-reflection and planning tool aims to assist you in recognizing the pleasure that physical activity provides you with, and encourages you to brainstorm ways to make physical activity more enjoyable for yourself.

Step 1: Reflect and write down the reasons why physical activity is enjoyable

Step 2: In the “Locations” box, list some fun or nice places where you would like to be physically active, and where you would derive added enjoyment from.

Step 3: In the “Social Experiences” box, list some events or activities where you can be physically active, and where you can benefit from social opportunities involved.

Step 4: In the “Others” box, list other considerations/features you would incorporate or are important to you, and which you think would make physical activity more enjoyable for you.

Step 5: Incorporate these ideas and strategies into your plans for physical activity over the next week.

Reasons

Locations

Social Experiences

Others