

Health Benefits of Physical Education

Sarah Kangas

By engaging in regular physical activity,
heart health is proven to improve.



Photo credit: <http://www.topnews.in/health/diseases/heart-attack>

Physical Activity Can Improve:

- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition
- Cardiovascular Endurance



<http://www.zulumike.net/2012/02/rock-climbing-real-asset-health.htm>



<http://runliftlive.wordpress.com/2011/10/11/>

<http://www.startsomethinghere.com/live/homepage-promotions/bike-trail-in-1207-minutes/>



Health Benefits of Physical Activity

- Reduced stress
- Reduces depression and anxiety
- Lowered risk of stroke
- Reduced blood pressure
- Increased function and mobility with less pain
- Improved cholesterol
- Decreased risk of cardiovascular disease
- Better management and prevention of diabetes
- Enhanced self-esteem and mood state



Reasons for Inactivity

- 75 -95% of the day is seated
- Too little exercise too much sitting
- Cell-phone, lap-tops, video games
- 2/3 of students in grades 9-12 do not get 30 minutes of moderate activity on most days or even weeks
- 30-50% of all causes of type 2 diabetes, heart disease, and many cancers are preventable by simply engaging in 30 minutes of moderate intensity exercise daily

Physical Fitness Scale

*Part of your overall level of
health and wellness*



**Gradually increasing physical activity =
improving health & physical fitness!**

© 2008 www.improving-health-and-energy.com

References

- Kahn, Emily B., Ramsey, Leigh T., Brownson, Ross C., Heath, Gregory W., Howze, Elizabeth H., Kenneth, Powell E., Stone, Elaine J., Rajab, Mummy W., Corso, Phaedra, and the Task Force on Community Preventive Services. (2002). The Effectiveness of Interventions to Increase Physical Activity. *American Journal of Preventive Medicine*, 22, 1-36. http://www.thecommunityguide.org/pa/pa-ajpm_evrev.pdf.
- Kravitz, Len. (2007, Oct.). The 25 Most Significant Health Benefits of Physical Activity and Exercise. *IDEA fitness Journal*, 4(9), 54-63.
- Physical Education in Schools - Both Quantity and Quality are Important (n.d.). In *Everyday Choices*. Retrieved March 21, 2012, from http://www.everydaychoices.org/o82008/PE%20in%20Schools%20Statement%20ACS%20ADA%20AHA%205.27.08%20_final_.pdf