



# BENEFITS OF PHYSICAL ACTIVITY

## MOVE MORE, SIT LESS

- It helps to maintain a healthy weight.
- It helps manage stress.
- It improves sleep.
- It gives you more strength and energy.
- Everyone, including people living with chronic diseases, benefit from keeping physically active.
- If you are not physically active or unable to, consult your health care provider for guidance.

Source: WoW! Healthy Lifestyles Actions leaflet



Western Cape  
Government

FOR YOU

Health and Wellness