



A healthy workplace is good for business

BENEFITS OF PHYSICAL ACTIVITY

It is widely acknowledged that participating in physical activity produces a range of physical, mental, social, environmental and economic benefits for both individuals and the community.

Physical benefits

The physical benefits of physical activity include:

- a reduced risk of premature death from cardiovascular disease and stroke
- a reduced risk of developing high blood pressure and high cholesterol
- a reduced risk of developing some cancers such as colon and breast cancer
- a lower risk of developing non-insulin dependent diabetes (type 2 diabetes)
- achieving and maintaining a healthy weight
- an improved quality of life for those individuals managing chronic conditions
- increased muscle and bone strength
- increased energy and improved sleep.

Mental benefits

The mental benefits of physical activity include:

- reduced feelings of stress, anxiety and depression
- improved concentration, enhanced memory and learning
- improved confidence and self-esteem
- improved overall mental awareness and psychological wellbeing.

Social benefits

The social benefits of physical activity include:

- increased family and community connectedness
- improved community networks and social capital
- reduced sense of isolation and loneliness
- enhanced social skills and self-esteem.

Environmental benefits

The environmental benefits of physical activity include:

- reduced traffic congestion
- reduced air pollution and greenhouse emissions



- reduced noise pollution
- a reduced need for large spaces to drive and park motor vehicles.

Economic benefits

The economic benefits of physical activity include:

- reduced healthcare costs
- improved workplace productivity and reduction in absenteeism
- lower-cost transport methods.

References

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