

10 reasons to be more active at all ages

1. Improves strength, flexibility, mobility (range of motion) and cardiovascular endurance.



Childhood and adolescence

60 minutes

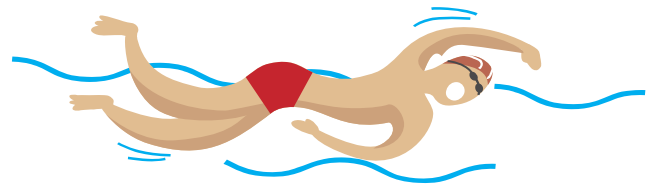
X

7 days a week



2. Prevents or improves cardiovascular and metabolic disease.
3. Helps to prevent and treat overweight and obesity.

4. Helps to prevent some cancers.
5. Improves joint and bone health.
6. Helps to recover after an illness or a surgical procedure.



7. Helps to be more relaxed and sleep better.
8. Improves memory and learning capacity of children and young people.

9. Improves mood and makes easier social relationships.
10. Helps to feel better and have more energy for daily routines.



Adults

30 minutes

X

5 days a week



**Add life to your age
Now is your opportunity, do it !**



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