

# What are the benefits of being active?

## Physical benefits

Keeping active helps to keep your muscles and bones strong and your heart and lungs healthy. Being fit and strong can:

- Lower your chance of having a fall.
- Make it easier to live independently in your own home for longer.
- Help you to feel more energetic and sleep better at night.
- Reduce your risk of heart attacks, stroke, high blood pressure and Type 2 diabetes. If you already have any of these conditions, being active can help manage them.

## Mental benefits

Being active is one of the best ways to:

- Help manage stress.
- Reduce the risk of anxiety and depression.
- Help you concentrate and learn.
- Improve your memory.

## Social benefits

Getting out and being active is a great way to connect with your friends and family. Some ideas include:

- Spend time playing with your grandchildren.
- Go for a walk with friends.
- Join a physical activity group to meet new people.

## Budget benefits

- Walking instead of driving can help save petrol. This is good for the environment, and for your wallet!
- Staying healthy can reduce your healthcare costs in the long-term.

This general advice was accurate at the time of publication (June 2020).  
For more information about physical activity and your individual needs, see your GP  
or an Accredited Exercise Physiologist.