**MANGO Mania WEEK #2**

**Benefits of Physical Activity**

Here are some benefits of doing physical activity each day:

Better health

Improved fitness

Better posture and balance

Better self-esteem

Weight control

Stronger muscles and bones

Feeling more energetic and happier

Feeling less stressed and more relaxed

Increased concentration/ better academic score

Here are some risks of being inactive:

Heart disease

Obesity

High blood pressure

Diabetes

Osteoporosis

Stroke

Depression

Colon cancer

As you can see, you can really benefit from being physically active!