



PLAY

Put a Little Activity in Your day!

Did You Know?

Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals.

Play can also engage the creative side of your brain, helping you see things in a new light and solve problems in a new way.

Let's face it- PLAYing isn't just for children, but adults too! Everyone can benefit from finding a little relief and inspiration in the day by engaging in physical activity. Incorporate more physical activity into your day and experience numerous physical, mental and social benefits.

Take a look at the list below and see which benefits most motivate you. Then, write them on a sticky note and put them on your mirror or in another spot that you frequently see. This can be a daily reminder and source of encouragement and motivation.

The benefits of PLAYing each day can include:

- Increased life expectancy
- Enhanced energy
- Increased learning and brain function
- Weight loss/weight maintenance
- Lower high blood pressure
- Reduced depression and anxiety
- Reduced risk of osteoporosis
- Decreased risk for some chronic diseases
- Improved sleep and stress relief
- Increased productivity
- Improved mood
- Increased muscle mass
- Reduced risk of falling



Taking the First Step, Oct 2014

Being physically active can be done in many ways and has many benefits. Incorporate activity and movement into your day by doing something you enjoy!