

BENEFITS OF SPORT ACTIVITY

Reduced risk of:

- Dementia
- Anxiety
- Depression
- Loneliness
- Asthma
- Heart disease
- High blood pressure
- Type 2 diabetes
- High cholesterol
- Cancer
- Disability

Mental health and wellbeing

Social wellbeing

Physical health

Improved:

- Self-esteem
- Body image
- Mood
- Coping with stress
- Life satisfaction
- Socialisation
- Academic achievement
- Human relations
- Physical fitness
- Adiposity status
- Bone health