There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.

1. **Nervous System**
   - Improves concentration, creativity and performance
   - Reduces stress, anxiety and frustration

2. **Bones**
   - Strengthens bones and improves muscle strength and endurance
   - Makes joints more flexible allowing for easier movement
   - Reduces back pain by improving flexibility and posture
   - Reduces the risk of osteoporosis and fractures

3. **Heart**
   - Reduces the risk of developing heart disease and stroke

4. **Blood**
   - Improves blood circulation to all body parts
   - Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
   - Helps to lower high blood pressure and prevent high blood pressure from occurring

5. **Digestive System**
   - Helps control appetite
   - Improves digestion and waste removal

6. **Lungs**
   - Slows the rate of decline in lung function
   - Improves body's ability to use oxygen

7. **Others**
   - Reduces the risk of developing diabetes and some cancers
   - Helps to maintain a healthy body weight
   - Improves self-image and sense of well-being
   - Improves the immune system
   - Helps to sleep well and feel more rested

www.EatSmartMoveMoreNC.com