

# Health Benefits of Physical Activity

## FOR CHILDREN

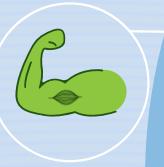
### Academic Performance

Improves attention and memory



### Muscular Fitness

Builds strong muscles and endurance



### Brain Health

Reduces risk of depression

### Cardiometabolic Health

Helps maintain normal blood sugar levels



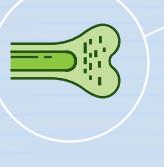
### Heart and Lung Health

Improves blood pressure and aerobic fitness



### Bone Strength

Strengthens bones



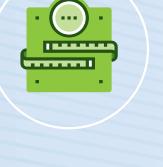
### Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity



### Healthy Weight

Helps regulate body weight and reduce body fat



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

October 2021