**topic ( 10 )**

**Physical activity improves quality of life**

Do you want to add years to your life?

 Or life to your years?

**Feeling your best boosts your zeal for life!**

 The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to **spend some time outdoors**. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.

**Here are some reasons** why physical activity is proven to improve both mental and physical health.

**Physical activity boosts mental wellness.**

 Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine.

 Exercise increases the flow of oxygen which directly affects the brain. Your mental acuity and memory can be improved with physical activity.

**Physical activity improves physical wellness.**

**Stronger immunity**

 It enhances your immune system and decreases the risk of developing diseases such as cancer and heart disease.

**Reduced risk factors**

 Becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That's the same reduction in blood pressure delivered by some antihypertensive medications. Physical activity can also boost your levels of good cholesterol.

**Physical activity prolongs your optimal health.**

 Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day has the proven health benefits listed above as well as:

* Improves blood circulation, which reduces the risk of heart disease
* Keeps weight under control
* Helps in the battle to quit smoking
* Improves blood cholesterol levels
* Prevents and manages high blood pressure
* Prevents bone loss
* Boosts energy level
* Helps manage stress
* Releases tension
* Promotes enthusiasm and optimism
* Counters anxiety and depression
* Helps you fall asleep faster and sleep more soundly

**Key words:**

* Physical education.
* session
* flow of oxygen.
* blood pressure.

**References:**

**1-** American Heart Association ( 2013).Physical activity improves quality of life. Retrieved on 25/12/2013 from Source:

**2**- Department of Health and Human Services( 2002).Physical Activity Fundamental To Preventing Disease, Retrieved on 6/20/0 from source: http://aspe.hhs.gov/health/reports/physicalactivity/ physicalactivity.pdf.

**Exercises:**

**Chose the correct answer between the brackets :- -**

Exercise helps to increase the flow (oxygen – nitrogen - oxide - carbon).-

-Regular physical activity can relieve( tension – anxiety- depression-all true)

-The American Heart Association recommends 30minute activity(in door-out door- street-moll)

- Exercise helps to Reduced risk factors such as(blood pressure –cholesterol-heart attack-all true).

enhances