



لنشاط البدني ضروري للحفاظ على صحة جيدة والوقاية من الأمراض المزمنة. فيما يلي بعض الطرق التي يمكن أن يؤثر بها النشاط البدني على الصحة

Physical activity is essential for maintaining good health and preventing chronic diseases. Here are some ways in which physical activity can affect health:

فوائد النشاط البدني:

- يمكن أن يؤدي النشاط البدني المنتظم إلى تحسين صحة الدماغ، والمساعدة في إدارة الوزن، وتقليل خطر الإصابة بالأمراض، وتقوية العظام والعضلات، وتحسين قدرتك على القيام بالأنشطة اليومية.
- النشاط البدني يمكن أن يقلل من خطر ارتفاع ضغط الدم وأمراض القلب التاجية والسكتة الدماغية والسكري وأنواع مختلفة من السرطان والاكتهاب.
- يمكن للنشاط البدني أن يحسن اللياقة البدنية، وصحة القلب والأوعية الدموية، وصحة العظام لدى الأطفال والمراهقين.

Benefits of Physical Activity:

- Regular physical activity can improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.
- Physical activity can reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer, and depression.
- Physical activity can improve physical fitness, cardiometabolic health, and bone health in children and adolescents.

Challenges:

- Increasing physical activity is a formidable public health challenge that we must hasten to meet.
- One in four adults – and four out of five adolescents don't do enough physical activity, and women and girls generally are less active than men and boys, widening health inequalities.



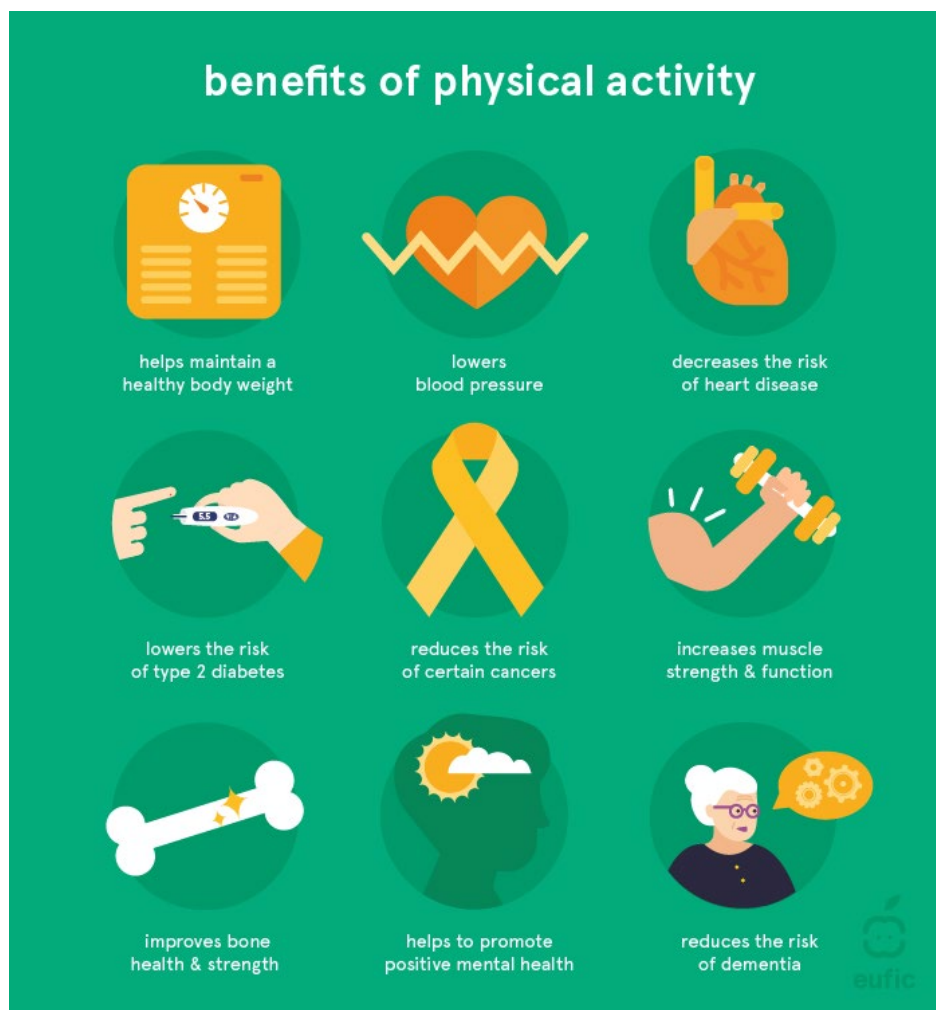
Overall, physical activity is an important component of maintaining good health and preventing chronic diseases. It is important to prioritize physical activity in our daily lives and make good choices to foster better health.

Regular physical activity has many benefits for mental health. Here are some of the ways in which physical activity can positively affect mental wellbeing:

Improved mood: Physical activity can boost mood and reduce symptoms of depression and anxiety.

-Reduced stress: Exercise can help reduce stress and tension and promote relaxation.

-Better sleep: Regular physical activity can improve sleep quality and duration.



-Increased self-esteem: Exercise can improve self-esteem and confidence and provide a sense of accomplishment.

-Improved cognitive function: Physical activity can improve cognitive function, including memory, attention, and processing speed.

Overall, physical activity is an effective way to improve mental wellbeing and can be an important part of a comprehensive approach to mental health. It is important to prioritize physical activity in our daily lives and make good choices to foster better mental health.