Let’s face it- PLAYing isn’t just for children, but adults too! Everyone can benefit from finding a little relief and inspiration in the day by engaging in physical activity. Incorporate more physical activity into your day and experience numerous physical, mental and social benefits.

Take a look at the list below and see which benefits most motivate you. Then, write them on a sticky note and put them on your mirror or in another spot that you frequently see. This can be a daily reminder and source of encouragement and motivation.

The benefits of PLAYing each day can include:

- Increased life expectancy
- Enhanced energy
- Increased learning and brain function
- Weight loss/weight maintenance
- Lower high blood pressure
- Reduced depression and anxiety
- Reduced risk of osteoporosis
- Decreased risk for some chronic diseases
- Improved sleep and stress relief
- Increased productivity
- Improved mood
- Increased muscle mass
- Reduced risk of falling

Being physically active can be done in many ways and has many benefits. Incorporate activity and movement into your day by doing something you enjoy!