Benefits of moving more and sitting less

What do you think about these benefits? Do any surprise you? Are there any benefits that are of particular interest to you?

Functional benefits

Improved walking ability

Arm movement

Ability to do daily tasks

Increased physical fitness

Improved balance, posture & flexibility

Improved strength

Increased independence

Health benefits

Longer life

Keeps you out of hospital

Reduced risk of heart disease & further stroke

Reduced risk of cancer

Reduced risk of breathing problems

Reduced risk of diabetes

Pain reduction

Bone and joint health

Wellbeing

Improved thinking

Improved self esteem & mood

Improved sleep & relaxation

Getting out of the house & meeting people

Aids personal / intimate relationships