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Infographic. Benefits of a Physically Active & Healthy Lifestyle

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BENEFITS OF A PHYSICALLY ACTIVE & HEALTHY LIFESTYLE

ORAL ROBERTS UNIVERSITY

01

IMPROVES PHYSICAL & MENTAL HEALTH



- Bone density
- Muscle strength
- Body composition
- Quality of sleep
- Positive mood states & coping skills

02

PREVENTS DISEASE



Reduces risks of:

- Cardiovascular disease
- Diabetes
- High blood pressure
- Osteoporosis
- Some cancers

03

ENHANCES CARDIO-RESPIRATORY FITNESS



Lowers:

- Resting heart rate
- Blood pressure
- LDL Cholesterol

Increases:

- Stamina/Energy levels
- Metabolism
- HDL Cholesterol

04

PROMOTES WELLNESS



Exercise regularly, pursue spiritual wellness, reframe stress perception, stay sober, eat well, stay hydrated, and get good sleep to:

- Feel better
- Stay healthy
- Live longer
- Do well at school

NOVEL ORU RESEARCH SHOWS THAT STUDENTS WHO LEAD A PHYSICALLY ACTIVE & HEALTHY LIFESTYLE DO BETTER ACADEMICALLY

Students who have higher levels of physical activity (measured by Fitbit: Steps and Fat Burn zone minutes) have higher GPAs.¹



Students with faster field-test times, an indirect measure of cardiovascular fitness, tend to have higher GPAs.¹



Students who exercise regularly, get good sleep, and lead healthy lifestyles have higher levels of grit, less stress, gain less weight, and have higher GPAs.^{2,3,4}



CONSISTENCY IS KEY

Physical activity, cardiovascular fitness, and leading a healthy lifestyle all correlate significantly with academic performance for university students.

REFERENCES

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