

**motion
evolution**



20 Reasons for Physical Activity

The following information is from The Journal of Health, Physical Education and Recreation, December 2006:

"Parents want their children to be healthy. When asked about preferences for a boy or girl, most expectant parents say, "We don't care. We just want our baby to be healthy." Scientific evidence indicates that regular physical activity:

1. helps to prevent disease
2. promotes a sense of well being and self-esteem
3. aids in fighting obesity
4. promotes lifelong physical fitness
5. improves bone density
6. lowers blood pressure
7. aids academic achievement
8. aids in fighting diabetes
9. is supported by health and academic organizations
10. fosters overall wellness

In addition to scientific support for exercise, the social, emotional and developmental benefits include:

11. physical activity is fun
12. it is also delightful
13. it is personally meaningful
14. it is a primary source of identity, of who one is
15. it offers a refreshing playground, a respite, something to look forward to

Physical activity also helps a person develop five fundamental human freedoms:

16. The freedom to express
17. The freedom to explore
18. The freedom to discover
19. the freedom to invent
20. the freedom to create

One of the greatest things about physical activity and play is that they make our lives go better, not just longer. It is the quality of life, the joy of being alive, the things we do with our good health that matter to us as much or more than health itself.

Motion Evolution activities are both fun AND beneficial!