

COMMUNITY HEALTH EDUCATION

May 2025

May Physical Fitness and Sports Awareness Month

What is the importance of physical fitness?

It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type two diabetes and heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness.

What happens after one month of working out?

One month of regular exercise improves the body's strength and stamina. You may be able to run, cycle or walk faster without losing breath. Strength training becomes better, and you may be able to do more reps.

What are wellness components?

Personal health and wellness go beyond exercise. Holistic health covers five essential aspects: physical, social, spiritual, emotional, and intellectual wellness.

- Improve your health
- Improve your quality of life
- Reduce your risk injury
- Stay active



GET @FITNESSGOV'S TIPS TO #MOVEINMAY & EVERY DAY AT WWW.FITNESS.GOV

