



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

Level 3 Promoting wellness through client motivation and interaction

**Evidence-based health benefits of
physical activity**

Health benefits of physical activity

Reduced likelihood of:

- Premature death
- Hypertension
- Coronary heart disease
- Stroke
- Respiratory conditions
- Diabetes
- Certain cancers
- Back pain
- Osteoporosis
- Falls in older adults
- Obesity
- Metabolic conditions



Physical benefits of physical activity

- Improvements in functional capacity and the maintenance of independence in older individuals
- Weight management
- Improving all body systems: muscular, skeletal, cardiovascular, neuroendocrine
 - Stronger heart and improved circulation
 - Stronger bones, improved bone density and stonger muscles
 - Strengthening the immune system
- Reducing the risk of many chronic diseases.
- Assisting with the management of many health conditions
- Quality of life and general wellbeing

Psychological benefits of physical activity

- Reduced likelihood of stress and anxiety
- Reduced likelihood of clinical depression and the symptoms of depression
- Improved ability to respond to and handle stress
- Improved self-esteem and self-confidence
- Improved mental alertness
- Reduced frustration with daily problems

Social benefits of physical activity

- The opportunity to make new friends
- The opportunity to share an active hobby with friends or family members
- Reduced social isolation
- Improved social confidence

The logo consists of a solid blue square. Inside the square, the word "YIMCA" is written in a white, rounded, sans-serif font. Below "YIMCA", the word "awards" is written in a smaller, white, lowercase, sans-serif font.

YIMCA
awards

