

Benefits of

Physical Activity



Exercise can improve your quality of life by controlling your weight, boosting your mood, decreasing daytime drowsiness and promoting a better night's sleep.

Regular physical activity can effectively help you fall asleep faster and deepen your sleep, reducing the number of awakenings per hour and decreasing apneic episodes.¹

A sedentary lifestyle means spending time sitting or lying down with virtually no energy consumption. In contrast, physical activity includes daily activities (housework, cooking, outings), leisure activities (walking, gardening) or sports.

You will feel better in the long term if you reduce time being sedentary and increase physical activity. There are several benefits to being physically active and reducing sedentary time:

Increases in:



- Overall health
- Energy
- Quality of life
- Mood
- Sleep
- Self esteem
- Autonomy
- Memory
- Concentration
- Muscle and bone strength

Decreases in:



- Fatigue and breathlessness
- Falls and injury
- Cardiovascular illness
- Anxiety and depression
- Cancer

Regular activity is key! To improve your health you should increase activity in the long term. Suggestions on how to combat a sedentary lifestyle:

- Leave the house and walk for at least 5 minutes every 2 hours
- Stretch the back, neck, and legs several times a day
- Get up and move around every 30 minutes during the day

Physical Activity Type	Intensity
Sleep or sitting still	
Get dressed/Grocery shopping	
Walking/Gardening/Vacuuming	
Climbing stairs/Nordic walking	
Resistance training	
Housework/Riding a bike	
Carrying groceries up the stairs	

1. Weight loss, breathing devices still best for treating Obstructive Sleep Apnea. Posted October 02, 2013, 1:54 PM Stephanie Watson, Executive Editor, Harvard Women's Health Watch. Available at: <http://www.health.harvard.edu/blog/weight-loss-breathing-devices-still-best-for-treating-obstructive-sleep-apnea-201310026713>, consulted on 05/25/2015