

# PHYSICAL ACTIVITY IN DIFFERENT AGE GROUPS

## It's never too late to start

Even if caring about your physical activity since early childhood would benefit you the most, it doesn't mean that there is no point in starting to care about it when you are in your middle age. Just start small and choose exercises according to your age and health condition.



## Sport makes you healthier

Maintaining physical activity can prevent many diseases (like heart diseases, diabetes), and increase our overall immunity.



## Physical activity calms kids down

If your kid has a periods of bad behaviour it may mean has it has too much energy and moves to little. Let him or her play games, swim or just run around to blow off steam.



## Physical activity prevents cancer

It is scientifically proved that physical activity helps to prevent lungs, breast, colon and endometrial cancer.

