

Why Do I Make Time For MVPA? Name _____

Stronger Heart Muscle	Increased Cardiac Output
Increased Stroke Volume	Increased Lung Capacity
Increased Muscle Tone	More "Good Cholesterol"

Why Do I Make Time For MVPA? Name _____

Lower Risk Of Heart Disease	Increased Bone Strength
Lower Risk of Osteoporosis	Strengthened Immune System
Balanced Brain Chemicals	Growth In Parts of the Brain for Memory & Learning