


# From going fat to Go Fit!

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# Regular physical activity


## The best medicine worldwide!

A man in a yellow shirt and dark shorts is running on a grassy hill. In the background, there are rolling green hills, a small village with red-roofed houses, and a body of water under a clear sky.

Increased working capacity

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Improved well-being



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Improved sleep quality

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Improved immune system



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Improved blood circulation

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Reduced risk of high blood pressure



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Strongly reduced risk of cardiovascular diseases



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Probably reduced risk of breast cancer

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Less back problems



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Reduced risk of osteoarthritis

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Reduced risk of osteoporosis



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Stronger bones, cartilage, tendons and  
ligaments

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Better balance and reduced risk of  
falling



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A photograph of an older man with grey hair running on a grassy hill. He is wearing a yellow long-sleeved shirt, dark shorts, and running shoes. The background shows a scenic view of rolling green hills and a small village with red-roofed houses under a clear sky.

Slower ageing

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Improved ability to cope with stress



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Better lungfunction

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Stronger heart



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Strongly reduced risk of diabetes

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Strongly reduced risk of colon cancer




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Improved gastrointestinal function

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More favorable fat metabolism and  
blood cholesterol profile



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Stronger muscles

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Improved function in joints



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Better flexibility and mobility

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Better foundation for maintaining a  
healthy body composition



**People who do not set of time  
to exercise must sooner or  
later set the time for illness**

Earl of Derby, 1863