Health Effects

Physical exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating digestive health, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Some studies indicate that exercise may increase life expectancy and the overall quality of life. People who participate in moderate to high levels of physical exercise have a lower mortality rate compared to individuals who by comparison are not physically active.  Moderate levels of exercise have been correlated with preventing aging by reducing inflammatory potential.  The majority of the benefits from exercise are achieved with around 3500 metabolic equivalent (MET) minutes per week.[[13]](https://en.wikipedia.org/wiki/Exercise#cite_note-BMJ2016-13) For example, climbing stairs 10 minutes, vacuuming 15 minutes, gardening 20 minutes, running 20 minutes, and walking or bicycling for transportation 25 minutes on a daily basis would *together* achieve about 3000 MET minutes a week. A lack of physical activity causes approximately 6% of the burden of disease from coronary heart disease, 7% of type 2 diabetes, 10% of breast cancer and 10% of colon cancer worldwide. Overall, physical inactivity causes 9% of premature mortality worldwide.[[14]](https://en.wikipedia.org/wiki/Exercise#cite_note-:2-14)

Fitness

Individuals can increase fitness following increases in physical activity levels.  Increases in muscle size from resistance training is primarily determined by diet and testosterone.  This genetic variation in improvement from training is one of the key physiological differences between elite athletes and the larger population. Studies have shown that exercising in middle age leads to better physical ability later in life.

Early motor skills and development have also shown to be related to physical activity and performance later in life. Children who have more proficient motor skills early on are more inclined to being physically active, and thus tend to perform well in sports and have better fitness levels. Early motor proficiency has a positive correlation to childhood physical activity and fitness levels, while less proficiency in motor skills results in a tendency to partake in a more sedentary lifestyle.[[20]](https://en.wikipedia.org/wiki/Exercise#cite_note-20)

**Text Formatting**

1. Create a new Word document and type the text above.
2. Embolden and right align the heading Health Effects.
3. Set the heading **Fitness** to the Heading 1 style.
4. In the first paragraph change the typeface(font) to Arial , set the font size to 12point, colour Dark Blue – Text 2 – Lighter 60%.
5. Place the second paragraph in Times New Roman size 12pt
6. Fully justify text in in the third paragraph.
7. Insert any clipart representing Sport between the second and third paragraph.

**Document Formatting**

1. Ensure the page is set to A4 portrait.
2. Set all margins to 1.cm
3. Save the document into your Word Processing folder with the filename 2WPEx