

SOCIAL BENEFITS OF PHYSICAL ACTIVITY



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Relationships and Exercise Lab

We often hear about physical and mental health benefits of physical activity, but did you know there are also social benefits?



Role models: Seeing other people being active can encourage us to be active, and can show us what is possible.

Tip: We can be inspired by witnessing others' activity in a park, in our neighbourhood, or in a physical activity class or group.



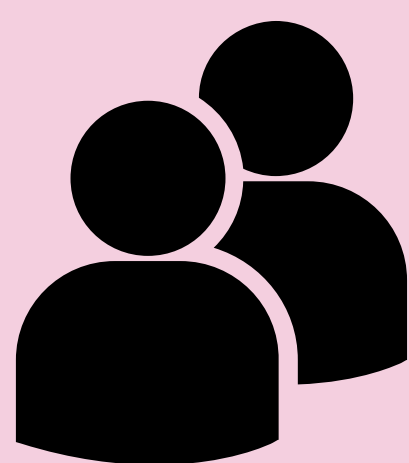
Expand your network: Physical activities can be an opportunity to meet new people.

Tip: Saying hello to a neighbour who you pass on your walk, or to someone you see in an exercise class in your community could add a new person to your network over time.



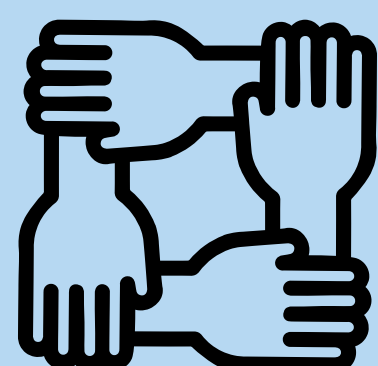
Participating with others: Physical activity provides a meaningful way to engage with other people.

Tip: Physical activity classes or group activities are opportunities to participate together. While they aren't quite the same as face-to-face, online programs can also help us keep in touch with others and participate together.



Connection, inclusion, and belonging: Spending time together in physical activity can be an opportunity to build closer relationships and feel connected.

Tip: Spending time doing physical activities with those close to us can be a chance to spend quality time together. Being active with others we don't know as well can also be an opportunity to get to know them and become closer.



Supporting each other: We can support each other to be physically active, and when other concerns come up.

Tip: If you are taking a walk or otherwise exercising with someone, it can be a chance to both be active, and to talk and share.