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| --- | --- | --- |
| **Physical** | **Social** | **Emotional/Mental** |
| *Coordination* | *Meeting People* | *Feeling Good* |
| *Muscular strength* | *Making Friends* | *Learning New Things* |
| *Aerobic Endurance* | *Cooperating* | *Problem-Solving* |
| *Flexibility* | *Talking* | *Laughing* |
| *Weight Management* | *Listening* | *Relaxing* |
| *Skills* | *Having Fun* | *Building Confidence* |
| *Speed* | *Laughing* | *Relieving Stress* |
| *Agility* | *Helping Others* |  |
| *Balance* | *Being Included* |  |

**Health Benefits of Active Living**