

REASONS TO EXERCISE

Improves immune system functioning
Helps you lose weight—especially fat weight
Reduces risk of heart disease/Improves survival rate from a heart attack
Improves body posture
Improves your memory
Improves the body's ability to use fat from energy during physical activity
Increases growth hormone
Helps relieve stress/anxiety
Increases maximal oxygen uptake
Increases muscle strength
Helps preserve lean body tissue
Reduces risk of developing high blood pressure
Increases coronary heart circulation
Increases levels of HDL cholesterol and reduces LDL cholesterol
Sharpens dynamic vision and controls glaucoma
Reduces risk of developing Type II diabetes
Assists in quitting smoking
Slows the rate of joint degeneration (osteoarthritis)
Enhances sexual desire, performance and satisfaction
Improves quality of sleep
Reduces risk of colon, prostate and breast cancer
Reduces risk of developing stroke
Helps alleviate depression
Helps alleviate low back pain
Improves mental alertness and reaction time
Improves physical appearance/self esteem
Decreases resting heart rate
Helps relaxation
Helps prevent and relieve the stresses that cause carpal tunnel syndrome
Helps relieve constipation
Increases productivity at work
Improves balance and coordination
Reduces your risk of developing osteoporosis
Improves general mood state
Gives you more energy and vigor
Increases overall health awareness
Improves overall quality of life