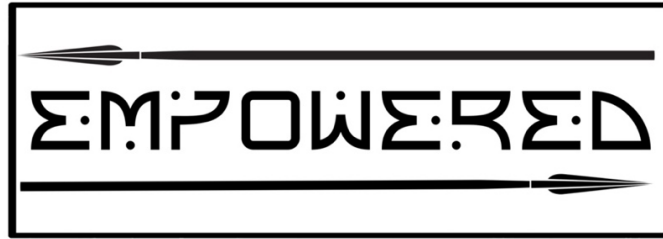


BENEFITS OF EXERCISE

The benefits of exercise are truly endless, so the real question is, why not?

- Better sleep
- Improved mood
- Reduced feelings of depression
- Weight management
- Increased metabolism
- Improved cardiovascular health
- Decreased risk of cardiovascular disease, heart disease, and stroke
- Reduced risk of developing type 2 diabetes and metabolic syndrome
- Maintain or gain muscle mass
- Maintain or improve bone density
- Decreased risk of osteoporosis
- Blood pressure control
- Improve or maintain cognitive function
- Reduce stress
- Maintain or enhance strength so you can be independent
- Maintain or improve mobility and ease of movement
- Increase energy and decrease fatigue
- Improve balance and reduce the risk of injury or falling
- Manage and/or prevent some diseases like arthritis, stroke, osteoporosis, and some cancers.
- Decreased mortality
- Reduce pain and improve function, mood, and quality of life for adults with arthritis.
- Improved sex life
- Enhanced quality of life

If there were a pill that promised (and delivered) all this, we'd all be taking it. Exercise can be done with little expense. You don't need a gym membership or fancy equipment. Exercise needs to be made a priority. By making it an important part of your life, the "I don't have time" problem fixes itself. Results won't happen overnight but will happen as long as you stick with it. The results may even be things you weren't necessarily looking for, like improved sleep, better overall mood, or improved cardiovascular health. Successful results don't always need to equal lost pounds or inches. Choose to be strong and healthy over skinny!



Designed by Katherine Behnen
Certified Women's & Menopause Coaching Specialist