

Friends are Fun

THE BENEFITS OF HAVING FRIENDS

Our friends enhance our lives in so many ways, walking alongside us through all the ups and downs and helping us create memories to last a lifetime. Some are even considered family. But how do our friends lead to better health?



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Exercising with friends is **fun**, keeps you **accountable** and **motivates you** to stay in shape.

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Adults with a **strong friend group** have **less risk** of developing depression and high blood pressure.



3

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Friends are both **cheerleaders** and **comforters**. Their presence in our lives **sparks good vibes** emotionally and helps us **forge ahead**.



4

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Quality > Quantity
Some friends feel more at ease in small, close-knit groups whereas others gain energy from large gatherings.



5

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Happiness is contagious and **peace of mind** is good for **you**, so be sure to surround yourself with **positive people!**

