

Get up and go!

BENEFITS OF EXERCISE

Confidence is key. So is your health and wellbeing. How do you achieve all three? Exercise. Making time in your schedule, even for a quick, efficient workout, is beneficial for the mind, body and spirit. Find an activity you love, commit it to your calendar and experience the many benefits of exercise.



1

MAKES YOU FEEL
HAPPIER
— AND MORE —
ENERGETIC

3

— HELPS YOU —
LOSE WEIGHT



4

HELPS WITH
RELAXATION
— AND —
SLEEP QUALITY

7

HELPS GROW AND
STRENGTHEN
— YOUR —
MUSCLES AND BONES

5

REDUCES RISK OF SOME
CANCERS,
HEART DISEASE
— AND —
OTHER MAJOR ILLNESSES

2

INCREASES YOUR
LIFE EXPECTANCY

6

KEEPS YOU
BUSY

