

STRONG BODY STRONG MIND

We tend to think of the brain and the body as separate entities, but they're more closely connected than you may think. Here are a few ways that fitness habits benefit your mind.



Willpower is a muscle, too.

You're not just training your muscles or cardiovascular system when you hit the gym—you're also training your brain. Specifically, you're training your will to push forward against **short-term struggles** for the sake of **long-term rewards**. That's a muscle you can use almost anywhere in life!



The mind sees progress and craves results.

Working out is great for teaching your brain the value of **putting in effort toward a goal**. There are few areas in life where results are so visually apparent as your body's steadily improving reflection in the mirror. Fitness provides your mind with a visual metaphor for progress.



Physical activity improves mental function.

It's nothing new to most, but it's worth repeating and remembering: Physical activity is scientifically proven to improve mental function. Studies show that cardiovascular activity helps grow new brain cells, while physical activity overall is shown to **improve sleep, reduce stress and elevate mood**.

WISDOM OF THE ANCIENTS

Ancient Greek philosopher Socrates famously said:

"No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable."

