



Exercise BOOSTS Your...

Fitness & Performance

Mood & Mental/ Emotional health

Memory, Acuity, and Cognition

Confidence

Appearance

Endurance & Speed

Strength & Muscle tone

Balance & Flexibility

Longevity

Youthfulness, better aging

Mobility

Quality of Life

Weight & Metabolism

Detoxification

Gut function

Energy

Hormone balance

Bone strength

Heart & lung function

Immunity

Coordination

Exercise Helps PREVENT or IMPROVE...

Cardiovascular disease (Heart attack, Heart Failure, Stroke, PVD)

Diabetes/Overweight/High Blood Pressure/High cholesterol)

Pain & Inflammation

Respiratory disease (COPD, Asthma)

Alzheimer's & Parkinson's

Cancers (Breast, Colon, Kidney, Esophagus, Lung, Stomach, Endometrial, Bladder)

Kidney disease

Liver disease

Psychiatric illness (Depression, Anxiety, etc.)

Osteoporosis

Sick days & Healthcare costs