“Exercise For Life”

Why Exercise?

Exercise can improve health in the following 10 ways:

1. Lowers both total cholesterol and triglycerides and increases HDL (good cholesterol).
2. Lowers your Blood pressure to help prevent stroke, heart attack, or CHD.
3. Controls diabetes, or reduces the risk of getting this disease.
4. Reduces the risk of developing colon, prostate, endometrial (uterine lining), and breast cancer.
5. Improves heart and lung function
6. Helps you reach and maintain a healthy weight
7. Reduces feelings of depression and anxiety
8. Promotes psychological well being and reduces feelings of stress
9. Helps build and maintain healthy bones, muscles, and joint. Regular exercise is one of the best things you can do to prevent bone weakening disease (osteoporosis).
10. Helps you sleep better

Set small goals, and then build on them. Aim for 30 minutes of moderate intensity exercise for 5 or more days a week.

Exercise for health and a longer life!