

Benefits of Physical Activity

Allows Performance of More Work with Less Effort

Combats a Variety of Health Conditions and Illness'

Decreases Blood Pressure

Exercise can be FUN

Exercise Helps Controls Weight

Enhances Appearance & Body Image

Enhances Feeling of Well Being

Enhances Sleep

Increases Energy

Improves the Ability to Learn

Improves Lipid Profile

Improves Mood

Increases Self-Confidence and Self Esteem

Improves Quality of Life

Keeps the Brain Fit

Promotes Healthy Body Composition

Reduces Stress

Relieves Depression

Strengthens the Heart

Strengthens Muscles and Bones