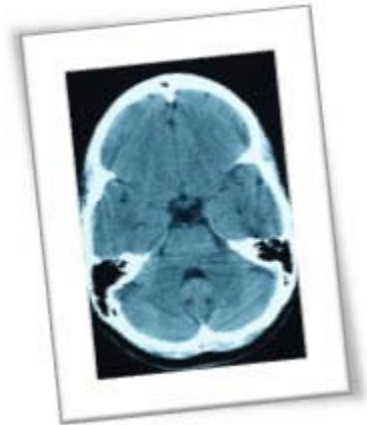


JUST THE FACTS!

Exercise Increases Your Brain Power

Not only does exercise improve your body, it improves your mental function. Exercise increases energy levels and increases serotonin in the brain which in turn, leads to improved mental clarity. Who doesn't want a sharper mind? I know I do. People who are active and exercise are also more productive at work too.



Movement Melts Away Stress

As it may stress you out just thinking about exercising, once you do start to work out, you will experience less stress in all aspects of your life. Exercise elevates your mood and keeps depression at bay.



Exercise Gives You Energy

Exercising releases endorphins into your bloodstream when you work out. You will feel more energized the rest of the day. Once your body has adjusted to exercising, you will have more energy than ever before.

Exercise Helps Ward Off Disease

There is research that shows where exercise can slow or help prevent strokes, heart disease, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis, and loss of muscle mass. Exercise even boosts immune function, so that you will spend less time down with a cold or flu.



Exercise Boosts Performance

After working out consistently, you may notice a difference in the way your clothes fit and how your muscle tone has improved regardless of weight loss. The muscles will work more efficiently, your reaction time will improve, balance will improve, and you will have a greater sense of endurance.

