

IMPROVE MOOD AND DECREASE SYMPTOMS OF ANXIETY AND DEPRESSION



INCREASE ENERGY AND STAMINA



IMPROVE SELF-ESTEEM AND BODY IMAGE



INCREASE PRIDE AND CONFIDENCE IN YOUR PHYSICAL ABILITIES



PSYCHOLOGICAL BENEFITS OF EXERCISE

IMPROVE MEMORY AND CONCENTRATION



REDUCE STRESS AND IMPROVE ABILITY TO COPE WITH STRESS



EVEN 10 MINS OF EXERCISE CAN IMPROVE YOUR MOOD



TRY TO EXERCISE FOR 30 MINS 3 TIMES/WEEK

BETTER SLEEP

