

## Top 10 Reasons To Exercise!



### **SAVE MONEY!**

The average sedentary American spends \$330 more per year on health care expenses than active individuals.

### **REDUCE YOUR RISK OF DISEASE!**

Regular exercise reduces your risks of heart disease, hypertension, colon, breast and prostate cancer, stroke, Diabetes, Alzheimer's, back pain, osteoporosis, and obesity; just to name a few.

### **RELIEVE STRESS!**

Let's hear it for fewer headaches, better sleep, and fewer sicknesses!

### **GET SMARTER!**

Exercise improves memory and creativity.

### **PUT AGING IN SLOW MOTION!**

Increase cartilage in joints, maintain muscle mass, strengthen bones, and always look younger!

### **WALK TALL!**

Exercise improves self-esteem, self-confidence, discipline, and mood!

### **SAVE TIME!**

Taking time to exercise will increase your energy and efficiency throughout the day.

### **GET THE MOST OUT OF LIFE!**

Exercise allows you to reach your full potential in every way.

### **IMPROVE YOUR APPEARANCE!**

Lose weight, tone, and shape your body. Look better, feel better, and improve your sexual health!

### **EVERYONE WINS WITH FITNESS!**

Out of all the ways to spend our time, exercise provides the most benefits and affects everything we do in a positive way.