

# THE IMPORTANCE OF EXERCISE IN YOUR LIFE



H C  
WELLNESS

Do you want to feel better, have more energy and even add years to your life?

*"We don't stop exercising because we get old, we get old because we stop exercising" -Kenet Cooper*

Monday August 7, 2023

# THE IMPORTANCE OF EXERCISE IN YOUR LIFE

Exercise can help prevent excessive weight gain or help maintain weight loss, since physical activity burns calories. If you can do this, you'll feel better, help prevent or control many diseases, and may even live longer.

## **Did you know that exercising reduces the risk of heart disease?**

Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower the risk of heart disease such as cholesterol.



Exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain maintaining your thinking and learning abilities thereby helping you fall asleep faster and stay asleep longer. It can also improve your mood and make you feel more relaxed. This can help you deal with stress and reduce your risk of depression.

**AND YOU, ARE YOU READY FOR THE FIT CHALLENGE?**

**COMING SOON...**