

# 50 REASONS TO EXERCISE



1. Lifts your mood
2. Improves learning abilities
3. Builds self-esteem
4. Keeps your brain fit
5. Boosts mental health
6. Keeps your body fit & able
7. Boosts your immune system
8. Reduces stress
9. Makes you feel happier
10. Has anti-aging effects
11. Improves skin tone & color
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps keep you focused in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscle loss
40. Increases energy & endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance & coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases sex drive & satisfaction
49. Makes life more exciting
50. Improves your quality of life



What's your 30+ minutes today?