

WHY EXERCISE?

Fewer Sick Days

Keeping up with a regular exercise routine can drastically reduce the likelihood of getting sick. In fact, regular exercisers have 43% fewer days of illness than those who don't exercise regularly.

Improved Cognitive Function

Regularly exercising boosts the size of your hippocampus which is the area in the brain that involves verbal memory and learning. Other benefits include mood and sleep, reduced stress and anxiety.

Increased Energy Levels

Endorphin levels are increased when energy is required. Exercise increases endorphins that contribute to the feeling of euphoria commonly known as "runners high".

Prevention of Diseases/Cancer

Getting at least 150 minutes a week of aerobic activity reduces your risk of heart disease and stroke. Reduction of colon and breast cancer can also occur when being physically active.

Strengthen Muscles and Bones

Aerobic, muscle strengthening and bone-strengthening activity can slow the loss of bone density that comes with age. Muscle-strengthening exercises can help increase muscle mass and strength.

Weight Control

Participating in 150 minutes of moderate intense aerobic activity or 75 minutes of vigorous aerobic activity can help maintain a healthy weight. Higher amounts of physical activity and a diet adjustment can increase weight loss.