

HEALTH BENEFITS OF EXERCISE

INCREASED & IMPROVED



BE MORE RELAXED



IMPROVES BLOOD PRESSURE



LIMITS SICKNESS



BE MORE SOCIAL



BOOSTS ENDORPHIN



AS MUSCLE STRESS REDUCE



FAT BURNING



GROWTH

HORMONE RELEASE LATER IN THE FAST



METABOLISM

RATE LATER IN THE FAST



EFFECTIVENESS OF CHEMOTHERAPY



CARDIOVASCULAR FUNCTION

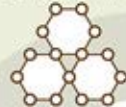


BLOOD ABSORPTION



APPETITE CONTROL

CELLULAR TURNOVER AND REPAIR



BRAIN POWER

