

BENEFITS OF EXERCISE

Boost Immunity

Strengthened immune system, leading to fewer illnesses and infections.

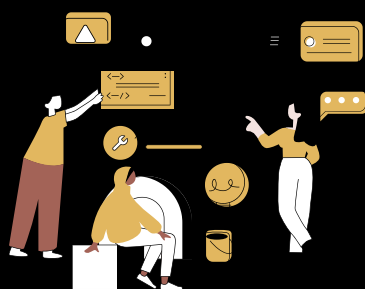


Better Mental Health

Reduced stress, anxiety, and depression. Increased production of endorphins, leading to improved mood and feelings of happiness.

Boosted Productivity

Increased focus, concentration, and mental clarity. Enhanced creativity and problem-solving abilities. Increased productivity in daily tasks.



Improved Physical Health

Reduced risk of chronic diseases such as heart disease, diabetes, and certain cancers. Strengthened immune system, leading to fewer illnesses and infections.

Stronger Bones

Weight-bearing exercises such as walking, jogging, and weightlifting help strengthen bones and reduce the risk of osteoporosis and fractures.

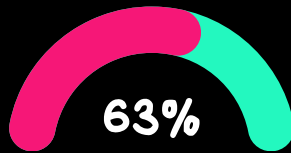


Activity Calorie Burn Percentages



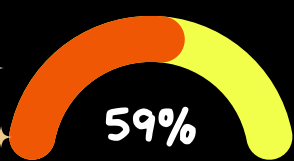
29%

Yoga



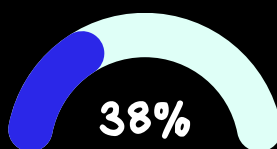
63%

Cycling



59%

Running



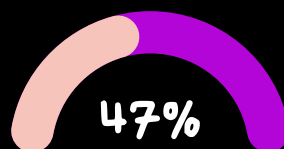
38%

Walking



68%

Dancing



47%

Swimming

