

# WHY DO EXERCISE?

Because it's a therapy-  
to enjoy the glow of good  
health, you must excicise



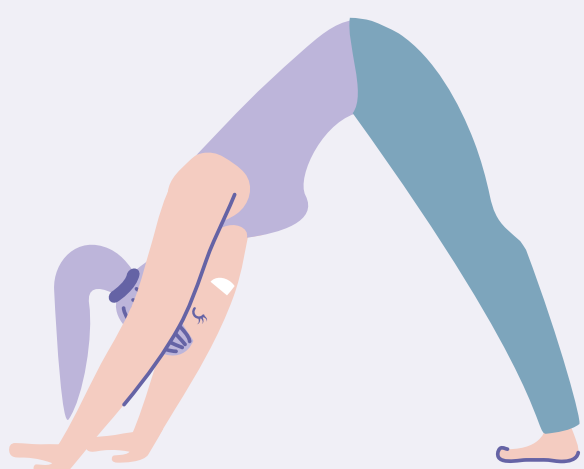
## Improves Flexibility

Excercise Increases your range of motion by stretching and moving your body in new ways.



## Reduces Stress

Excercise helps reduce stress and anxiety by encouraging mental and physical relaxation.



## Promotes Better Sleep

Excercise promotes restful sleep by calming and relaxing the body after a stressful day.



## Builds Strength

The regular practice of excercise can help build lean muscle and improve strength.

