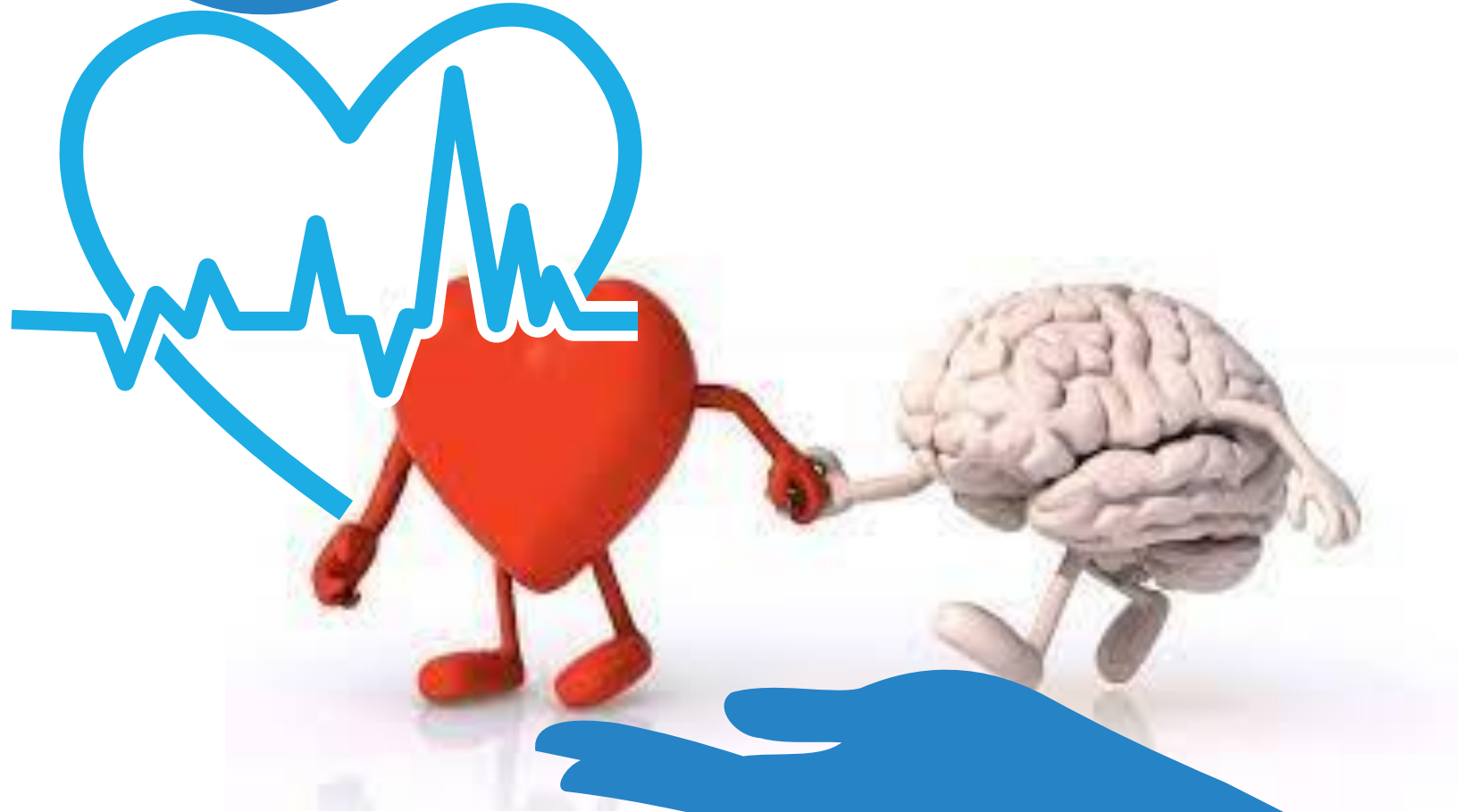


## Exercise and it's effect on cardiovascular system & Brain



## Heart benefits from exercise



Lower blood pressure

Improve blood flow

Lower cholesterol

Decrease risk of heart disease, stroke  
and diabetes

Reduce the incidence of heart  
arrhythmia, like atrial fibrillation  
(AFib)





## The Benefits Of Cardiovascular Fitness



Weight control



Metabolism



Reduced Disease Risk

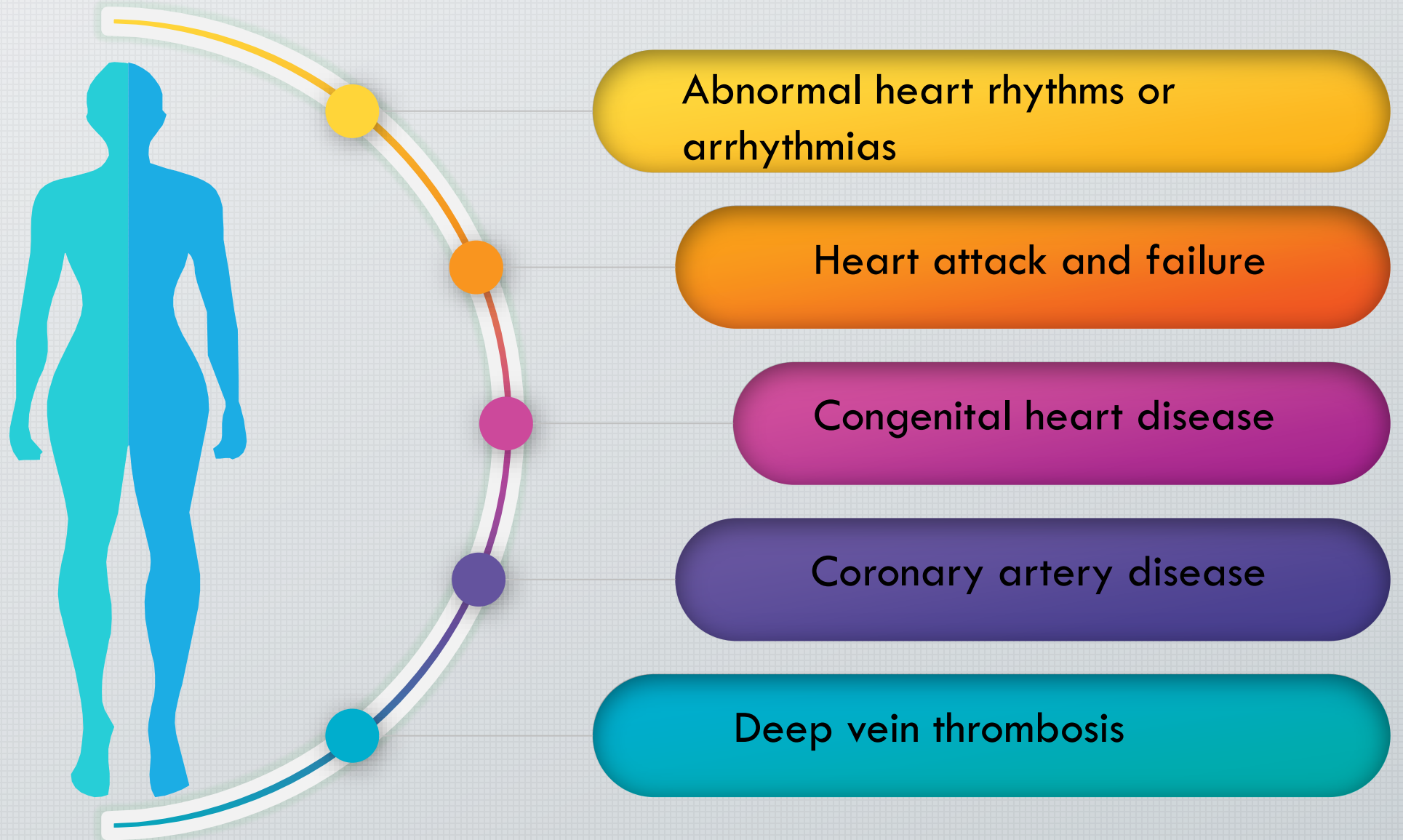


Your State Of Mind

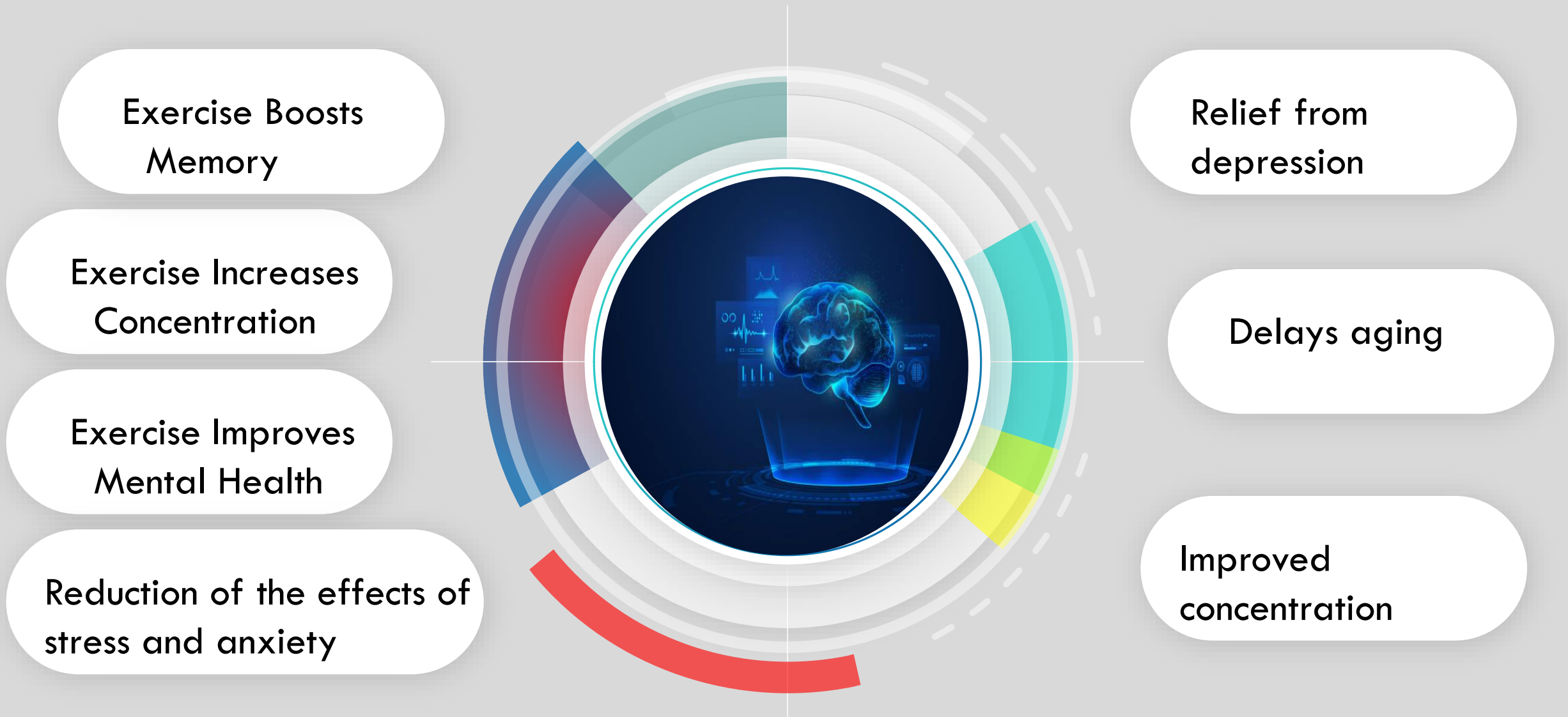


Improves Sleep

## Some of the Cardiovascular diseases



## Exercise and it's effect on brain



Exercise affects the brain in many ways

# Exercise and Learning



Exercise increases neuronal connections



It strengthens the cerebellum

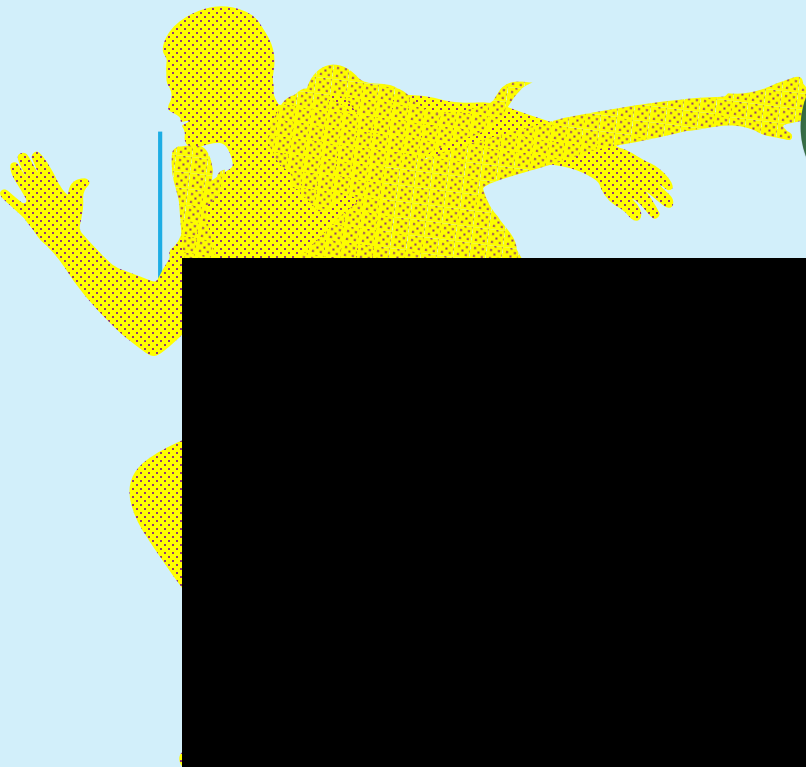


It fuels brain with oxygen

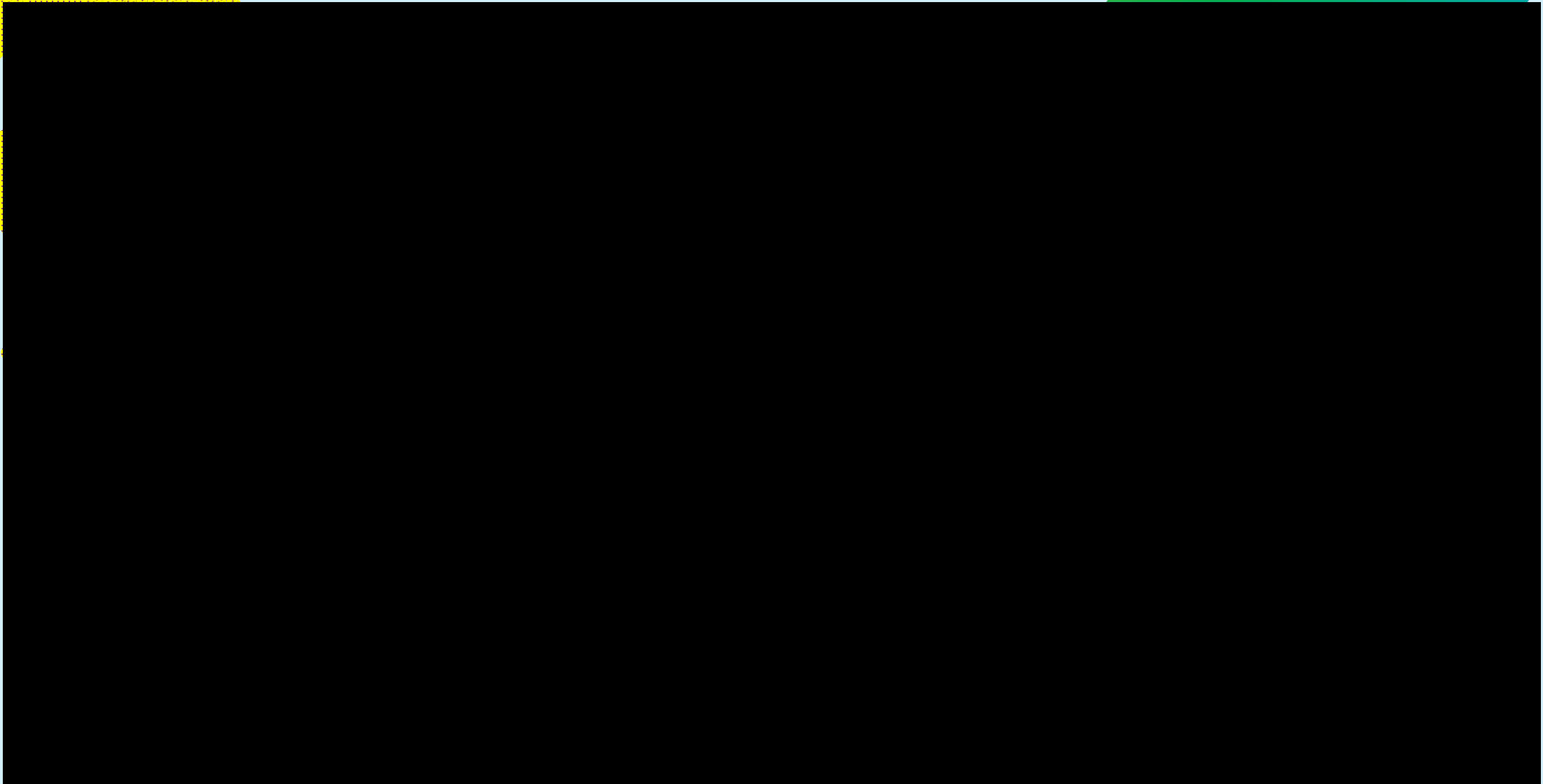


Causes nerve cells multiply - nerve connections are strengthened





Video Time



# How many people in the world workout, exercise daily and eat healthy?

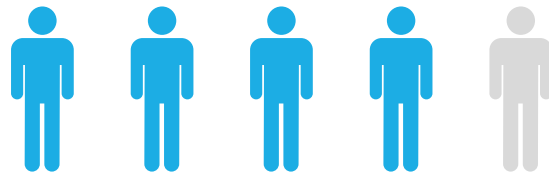
**How many of You doing workout, exercise daily?**

**More than 1 in 4 people across the world don't get enough exercise**

**23%**



**32%**





# Thank You

