

For a healthier mind and body: Exercise works.



Brain

Sharper thinking, learning and judgment skills



Heart

Lower resting heart rate and reduced risk of heart disease



Lungs

Greater lung capacity



Weight

Increased metabolism and calories burned



Muscles

Improved balance and reduced risk of falls



Joints and bones

Improved range of motion



Energy level

Better sleep, reduced fatigue

fitnessyourway.tivityhealth.com

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prime