## 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





fitnessyourway.tivityhealth.com 1-888-242-2040

## Experience the benefits of exercise with Fitness Your Way<sup>™</sup> by Tivity Health<sup>™</sup>.



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