

MOVE TO IMPROVE

BENEFITS OF REGULAR EXERCISE



Improved brain
function



Reduced
symptoms
of depression



Better
sleep



Better weight
control



Improved
quality
of life



Better
social skills



Better
heart health



Better
lung health



Better
bone health



Reduces your risk of:

Type 2 diabetes	-40%
Cardiovascular disease	-35%
Falls	-30%
Depression and dementia	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%