

## **Top 15 Benefits of Exercise**

1. Increases metabolism to burn calories by increasing oxidation (breakdown & use) of fat.
2. Improves blood sugar control. With inactivity the body becomes more resistant to insulin, increasing the risk for type 2 diabetes.
3. Improves immune system function.
4. Protects the body from cancer & increases digestive efficiency reducing the incidence of colon cancer 30-40%. Decreases women's risk of endometriosis by 50%.
5. Increases aerobic capacity.
6. Develops new blood vessels in the heart & muscles.
7. Increases hemoglobin level, for better oxygen transport.
8. Decreases blood pressure, increases HDL (good) cholesterol & decreases chance of blood clots, heart disease & stroke.
9. Maintains, tones & strengthens muscles & increases muscular endurance. Inactivity causes muscles to atrophy, for women in their 40s & men in their 50s.
10. Increases bone strength. Lack of activity leads to bone weakness, osteoporosis & bone loss.
11. Increases thickness of joint cartilage.
12. Increases blood flow to the skin.
13. Improves sleep patterns.
14. Decreases risk of cognitive decline & dementia.
15. Decreases risk of depression & symptoms of those already depressed.