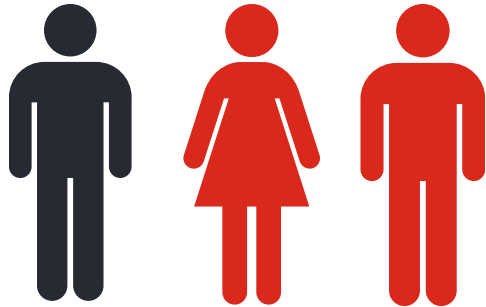


GET MOVING

BENEFITS OF EXERCISE ON THE HEART



1 IN 3 ADULTS

receives the recommended amount of physical activity each week



REDUCES RISK OF HEART DISEASE

- Aerobic exercise is recommended by most doctors to people with, or at risk for, heart disease.
- Exercise strengthens your heart and helps it more efficiently pump blood throughout the body.



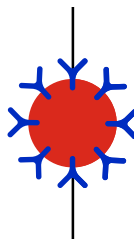
HELPS REGULATE YOUR WEIGHT

- Aerobic and anaerobic exercise, especially at higher intensities, contributes to a healthy caloric burn.
- Try brisk walking, swimming, heavy cleaning/gardening, running, cycling, sports, etc.



BOOSTS YOUR MOOD

- Relieves tension and stress
- Boosts physical and mental energy
- Enhances well-being through the release of endorphins



STRENGTHENS IMMUNE SYSTEM

- Aerobic exercise increases certain antibodies in the blood called immunoglobulins, which strengthens the immune system.



HELPS REGULATE BLOOD SUGAR

- Helps regulate insulin levels and lower blood sugar, all while keeping body weight in check.
- Any form of movement, either aerobic or anaerobic, may have these effects.



LOWERS BLOOD PRESSURE

- Helps lower blood pressure and keep your arteries clear by raising “good” (HDL) cholesterol and lowering “bad” (LDL) cholesterol levels in the blood.