Exercise

Your Options For Healthy Living!

♥ helps weight control.
♥ strengthens the heart and lungs.
♥ helps lower LDL cholesterol.
♥ helps lower triglycerides.
♥ helps raise HDL cholesterol.
♥ helps to lower blood pressure.
♥ reduces the risk of heart disease and stroke.
♥ improves strength & endurance.
♥ helps to tone and build muscles.
♥ improves bone density and reduces the risk of osteoporosis.
♥ relieves stress.
♥ improves sleep.
♥ makes you feel good about yourself!
♥ helps prevent type 2 diabetes.