

WHY EXERCISE?

Live Longer

Improve Strength and Speed

Strengthen Bones

Decreased Depression and Anxiety

Add Years to Your Life

Increase Immune Function

Reduce Pain

Decreases Health Care Bill

Reduce Blood Pressure/Hypertension

Healthy Heart/Decreases Coronary Diseases

Reduce Risk of Certain Cancers

Increase Self Image and Self Esteem

YOU JUST FEEL GOOD!!!