

# THE BENEFITS OF EXERCISE

## Improves Mental Health



Exercising makes mental health better because it reduces stress, anxiety and can even help to overcome depression.

## Prevents Bone Problems



Exercise causes the bones to be strengthened and maintained in good condition, thus preventing problems such as those caused by osteoporosis.

## Relax Your Body



Exercise is a good relaxing after having done very intense days (Work, school) since the brain generates some chemicals that make you relax.

## Prevents Heart Problems



It reduces the risk of heart problems because it reduces cholesterol, it also regulates the blood flow in the muscles and increases the absorption of oxygen.