

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.

