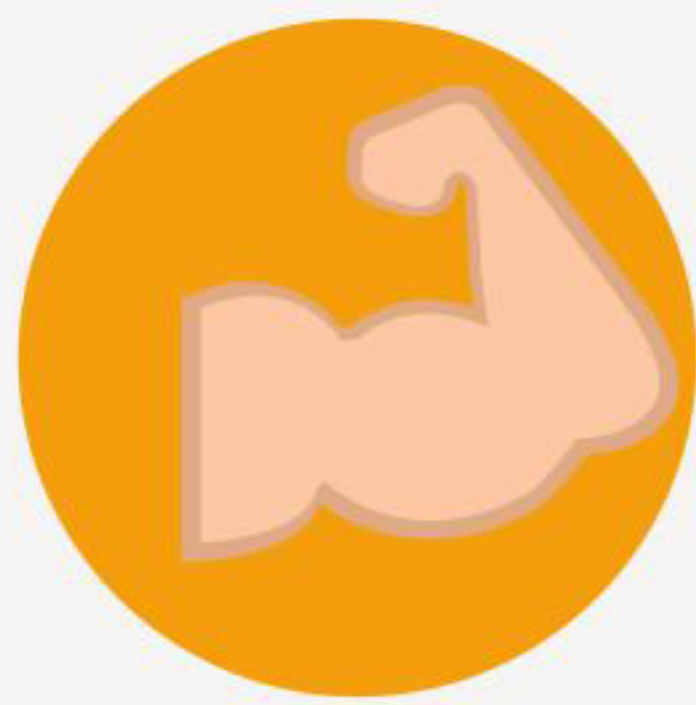


What are the benefits of exercise on physical health?



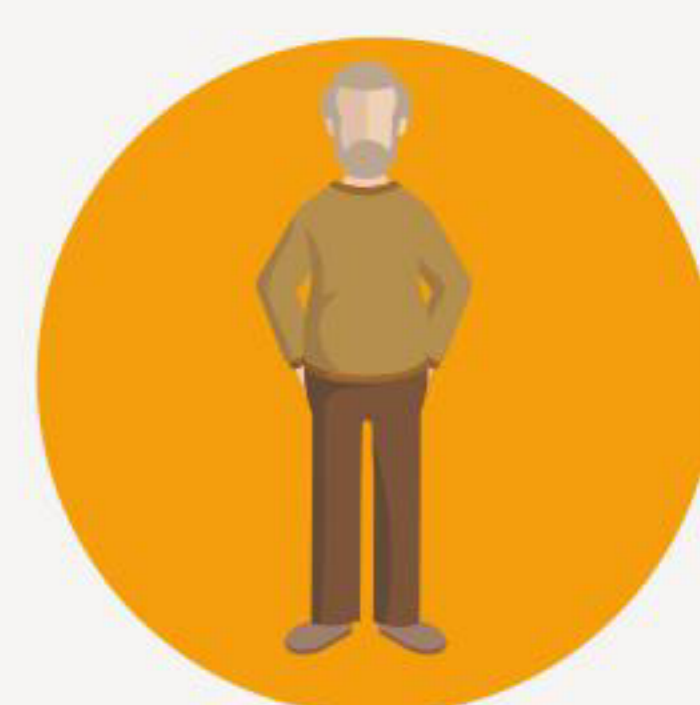
Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



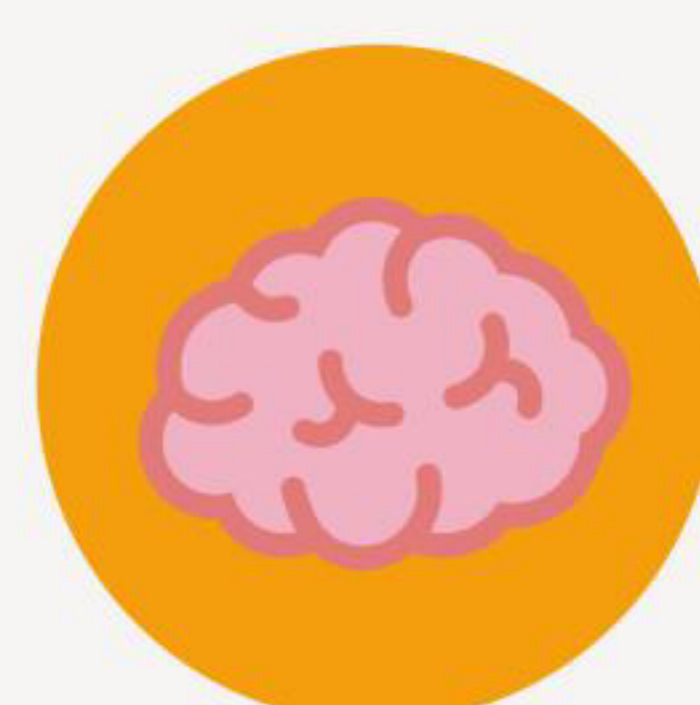
Improves
sleep



Improves energy
levels

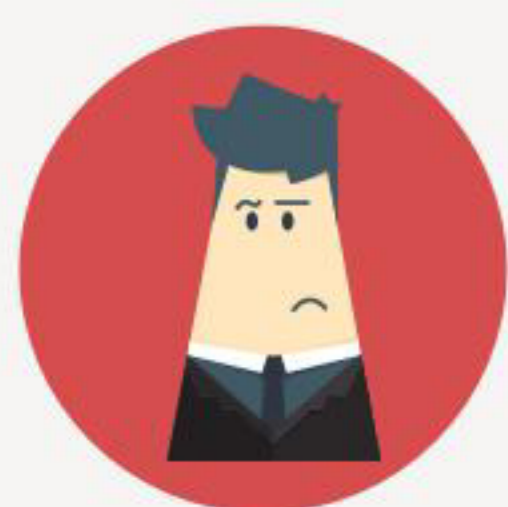


30% lower risk
of dementia



Prevents
cognitive decline

What are the benefits of exercise on mental health?



Reduce stress levels

Exercise can help to reduce your cortisol levels



Improves social well being

Whilst exercising you might meet new people and develop more friendships



Reduced anxiety

When you exercise your brain releases endorphins which can help to calm you down



Increased self esteem

As you become faster, fitter and stronger you start to improve your self confidence



Reduced risk of depression

Exercise can help to improve your mood



Boost Brainpower

Exercise can help to improve cognitive functioning including decision making and learning