

# 12 Great Reasons to Exercise



- 1** Physical activity helps you **LOSE WEIGHT** by burning calories, boosting your metabolism, and decreasing muscle loss.
- 2** Physical activity can **DECREASE YOUR RISK OF COLON CANCER** by 40-50%.
- 3** 30 minutes of daily aerobic exercise for 5 days a week has been shown to **CUT THE RISK OF CATCHING A COLD**.
- 4** Regular exercise has been shown in studies to **IMPROVE YOUR SEX DRIVE**.
- 5** Brisk walking for 60 minutes a week can **REDUCE YOUR RISK OF BREAST CANCER**.
- 6** Regular exercise can help **IMPROVE YOUR SLEEP PATTERNS** by 30%.
- 7** Walking for 30 minutes, 5 days a week can **INCREASE YOUR LIFE SPAN** by 1.5 years, and running for the same amount of time can increase your life span by up to 4 years.
- 8** Exercising for 30-50 minutes per day can **CUT YOUR RISK OF DEVELOPING HEART DISEASE** by 50%.
- 9** Regular exercise, resistance training in particular, can **REDUCE YOUR RISK OF OSTEOPOROSIS** by maintaining bone density and good bone health.
- 10** Exercising for as little as 15 minutes, 3 days a week can **REDUCE YOUR RISK OF DEVELOPING DEMENTIA AND ALZHEIMER'S DISEASE** by 30-40%.
- 11** 30 minutes of aerobic exercise, 3-5 days a week can **REDUCE SYMPTOMS OF MILD TO MODERATE DEPRESSION** by 50%.
- 12** A great many studies show that people who exercise regularly **HAVE MORE ENERGY** than people who do not.

