



Joyfuleastie.com

EXERCISE!

HEALTH BENEFITS

- Reduce your risk of heart diseases
- Weight management
- bone and muscle health
- Energy level boost
- younger healthier skin

STRATEGIES TO INCORPORATE EXERCISE EVERY DAY

- Take the stairs instead of elevator
- Walk whenever you can
- Make the weekends more about exercise
- Do exercise you enjoy



STATISTICS

- 35% lower of having a stroke.
- 50% lower risk of colon cancer.
- 30% lower risk of early death.