

# FITNESS...

## **BENEFITS OF BEING MORE FIT**

**- REDUCES RISK OF  
HEART DISEASES**

**- IMPROVES YOUR  
MENTAL HEALTH & YOUR  
MOOD OVERALL**

**- REDUCES  
CANCER RISKS**

## **RISKS OF NOT BEING MORE FIT**

**- HIGH BLOOD  
PRESSURE**

**- HIGHER RISKS OF  
GETTING TYPE 2  
DIABETES**

**- STROKES**

**- MORE LIKELY TO  
GET CERTAIN  
CANCERS**

