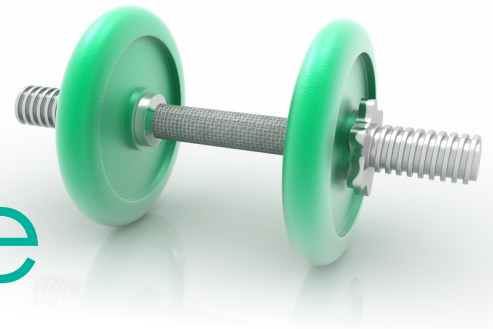


HEALTHFUL TIPS

36 Reasons to Exercise



If you need some reasons to get back into your routine, here a few to get you started. Some of the benefits of exercise are instantaneous; others accrue over time. But one thing is certain: you gotta do the work to reap the benefits. You should find one or two reasons on this list that hit close to home and inspire you to get up and moving. Now where did I leave my tennis shoes?



1. Stress relief
2. Better sleep
3. More energy
4. Bolstered immune system
5. Healthy heart
6. Happy mood
7. Boosted self-esteem
8. More muscle
9. Less flab
10. Stronger body
11. Increased circulation
12. Easier breathing
13. 60% less breast cancer risk
14. Denser bones
15. More productivity
16. Less anxiety
17. Longer life
18. Mental focus
19. New brain cells
20. Less diabetes
21. Less hypertension
22. Sexier sex
23. Painless back
24. Depression lift
25. Constipation fighter
26. Confidence builder
27. Radiant skin
28. Alleviation of menstrual cramps
29. Better balance
30. Shorter reaction time
31. Enhanced learning
32. Better body image
33. Fewer sick days
34. Slower aging
35. Fight against chronic disease
36. Fun—yes, fun!