The many benefits of regular exercise

Delays Alzheimer and Parkinson's disease

Lessons risk and severity of strokes

Improves muscle strength

Increases energy levels and endurance

Limits obesity

Counters diabetes

Prevents hypertension

Slows muscle atrophy and prevents sarcopenia

Maintains bone density and deceases osteoporosis risk

Maintains joint mobility

Prevents falls in elderly

Delays aging

Improves the health of off-spring

Improves mood and cognition

Improves sleep

Decreases stress

Protects against atherosclerosis

Improves function in heart failure

Improves digestion

Lowers incidence breast and colon cancer

Improves Fertility

Improves lipid profiles

Strengthens immune system

Best current therapy for Peripheral Artery Disease

Improves circulation

Improves self-esteem