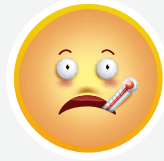


12 BENEFITS OF PHYSICAL ACTIVITY



IMPROVES
MEMORY AND OVERALL
BRAIN HEALTH



PROTECTS
AGAINST CHRONIC DISEASE
REDUCES CANCER RISK



LOWERS BLOOD
PRESSURE AND IMPROVES
HEART HEALTH

REDUCES STRESS, COMBATS FATIGUE
INCREASES FEELINGS OF HAPPINESS AND EMOTIONAL BALANCE



IMPROVES AND
INCREASES LEVELS OF
CONFIDENCE



REDUCES
FEELINGS OF DEPRESSION
AND ANXIETY



IMPROVES ABILITY FOR
REST, RECOVERY, AND
SLEEP QUALITY

**FEEL MORE
ENERGETIC**

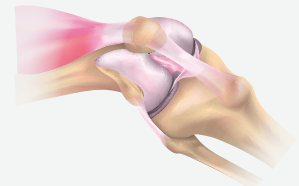
**INCREASES
SPAN OF LIFE**



MAINTAINS
BALANCE AND MUSCLE
STRENGTH



IMPROVES SKIN
INCREASED MOISTURE RETENTION
AND HYDRATRATION ABILITY



IMPROVES JOINT PAIN
AND STRENGTHENS
BONES

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*Not intended to be a substitute for professional medical advice, diagnosis, or treatment.
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