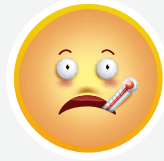


# 12 BENEFITS OF PHYSICAL ACTIVITY



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**

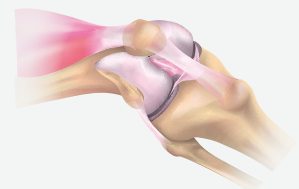
**INCREASES  
SPAN OF LIFE**



MAINTAINS  
BALANCE AND MUSCLE  
STRENGTH



IMPROVES SKIN  
INCREASED MOISTURE RETENTION  
AND HYDRATION 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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