

EXERCISE IS HEALTHFUL!

Science shows that exercise is helpful in reducing risk of:

- Cognitive decline, insulin resistance, e. cancer, stroke

in heart disease
on most days of the week

Adequate exercise is 30 minutes per

- Vary intensity of workouts.

science shows that

exercise does not cause

it helps maintain a healthy weight

OVEREXERCISE

TOP 10 TIPS



movement

Consequences

or steps walked

club or gym membership

following fitness models or

influences

- Increased depression and anxiety

- Body image distortions

- Injury and sickness

- Other physical and mental

9. Join

10. Join