

EXERCISE & Mental Health



**Boost Endorphins
(happy chemicals in
the brain)**



**Reduces
Stress**

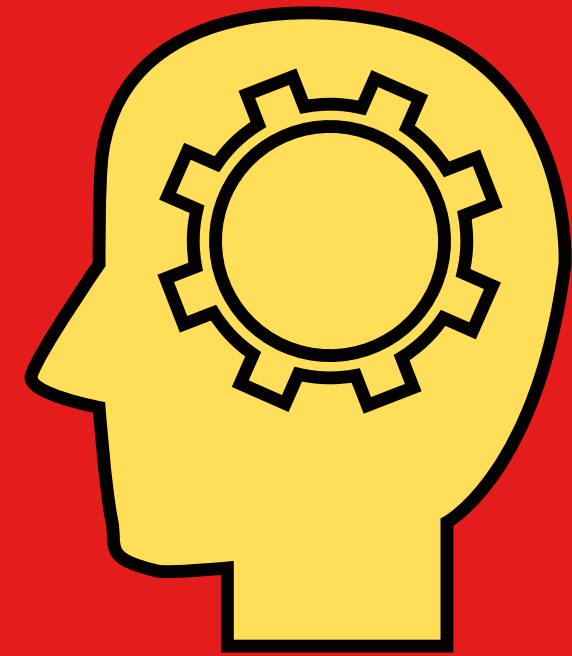


**Improve Self
Confidence**



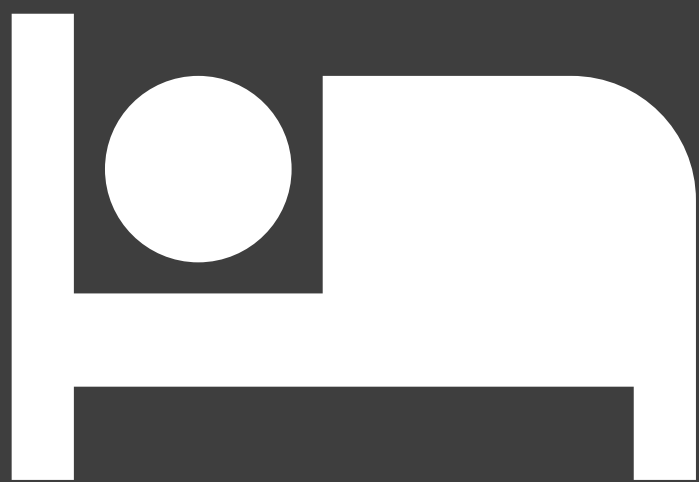
**Enjoy the Great
Outdoors**

Boost Brain Power



**Sharpens Your
Memory**

**More
Productive**



**Increase's
Relaxation**



Healthy Heart