

# EXERCISE

## & Mental Health



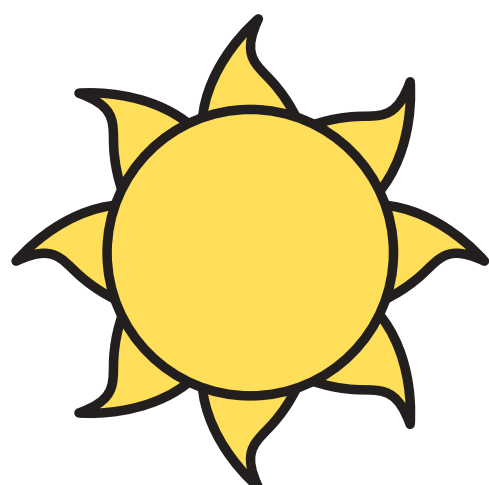
**Boost Endorphins**  
(happy chemicals in  
the brain)



**Reduces  
Stress**

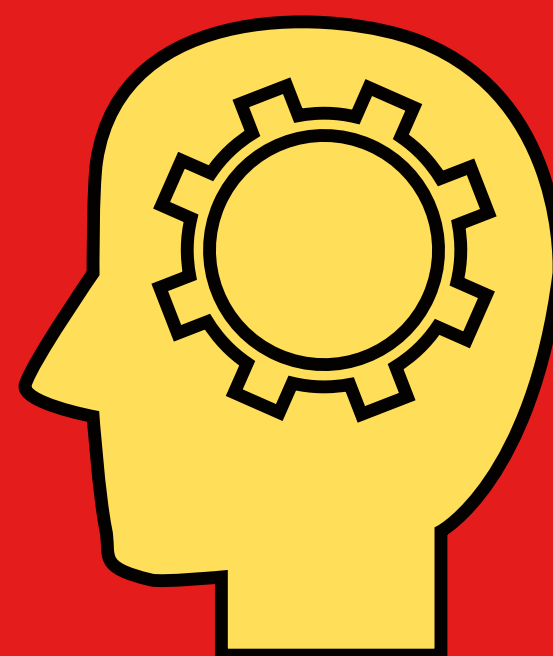


**Improve Self  
Confidence**

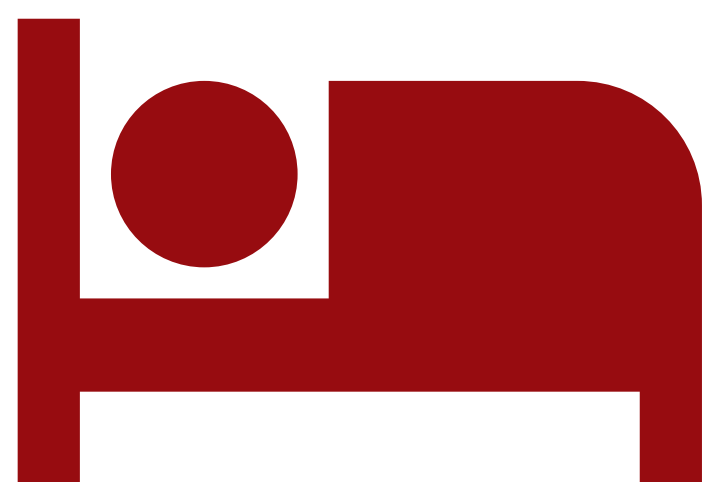


**Enjoy the Great  
Outdoors**

**Boost Brain Power**



**Sharpens Your  
Memory**



**Increase's  
Relaxation**

**More  
Productive**



**Healthy Heart**