



# EXERCISE & Mental Health

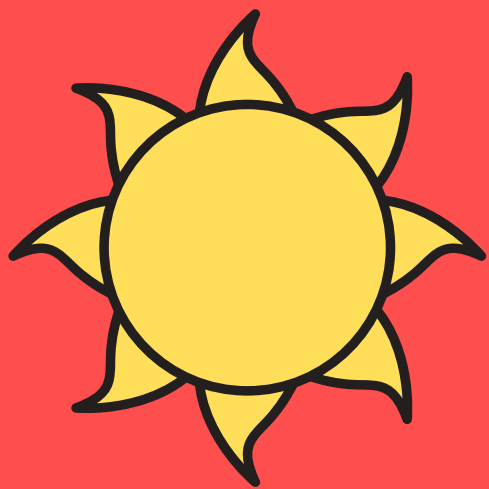


**Reduces  
Stress**

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

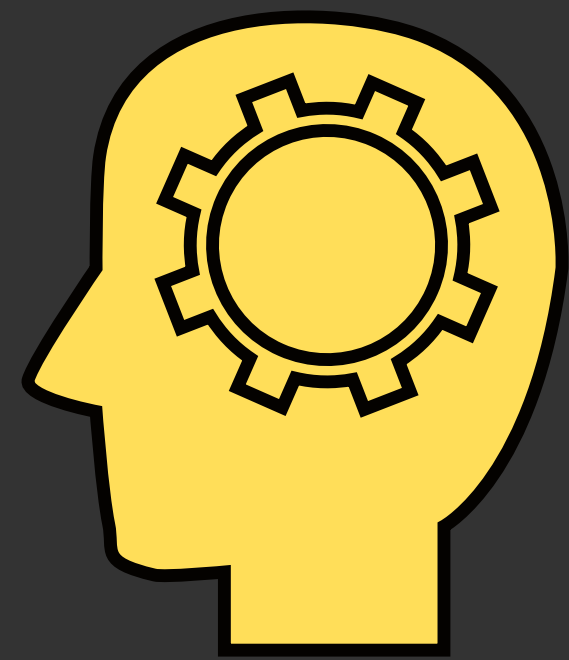


**Improve Self  
Confidence**



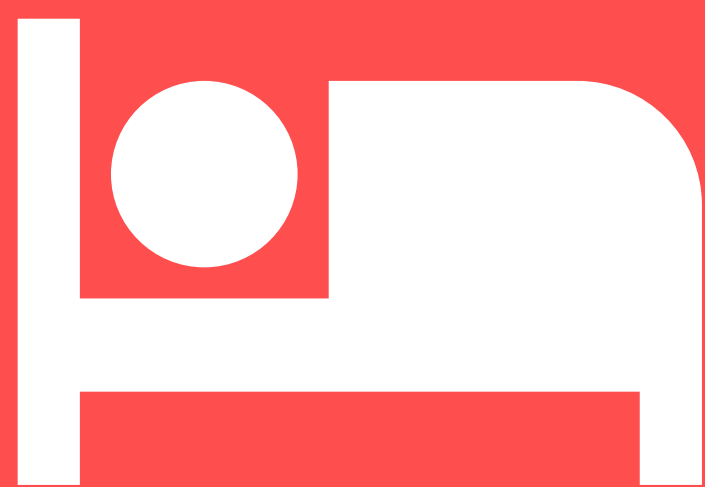
**Enjoy the Great  
Outdoors**

**Boost Brain Power**



**Sharpens Your  
Memory**

**More  
Productive**



**Increase's  
Relaxation**



**Healthy Heart**