

# EXERCISE & Mental Health



Reduces  
Stress

Boost Endorphins  
(happy chemicals in  
the brain)

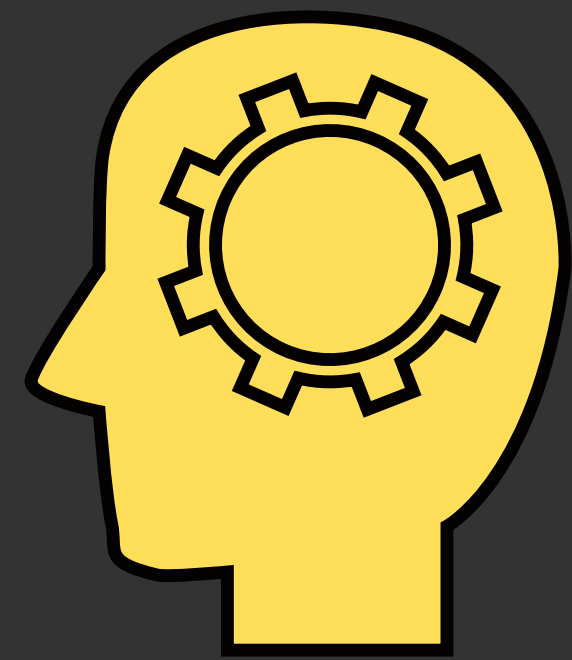


Improve Self  
Confidence



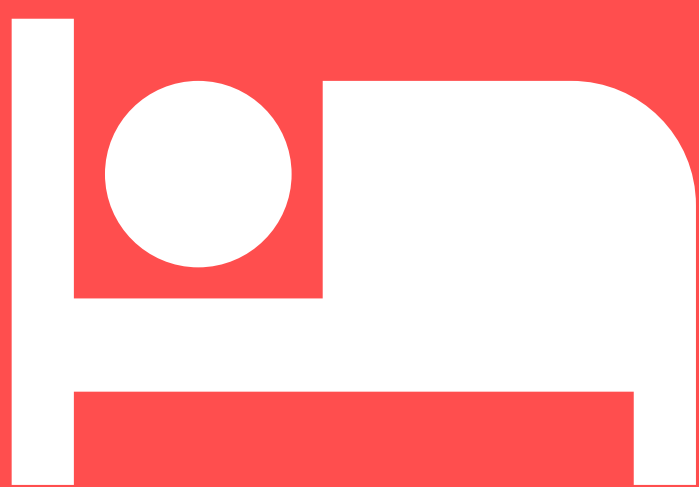
Enjoy the Great  
Outdoors

Boost Brain Power



Sharpens Your  
Memory

More  
Productive



Increase's  
Relaxation



Healthy Heart