

EXERCISE & Mental Health



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

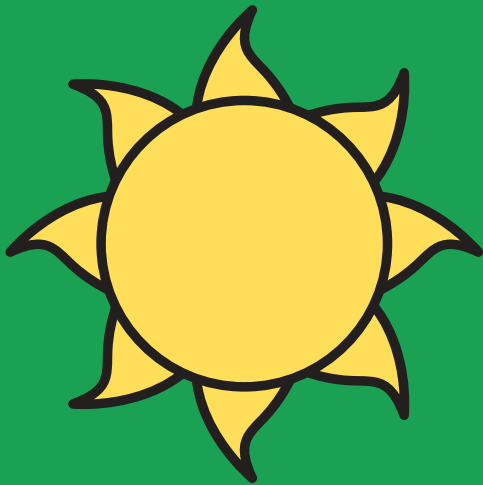


**Reduces
Stress**



**Improve Self
Confidence**

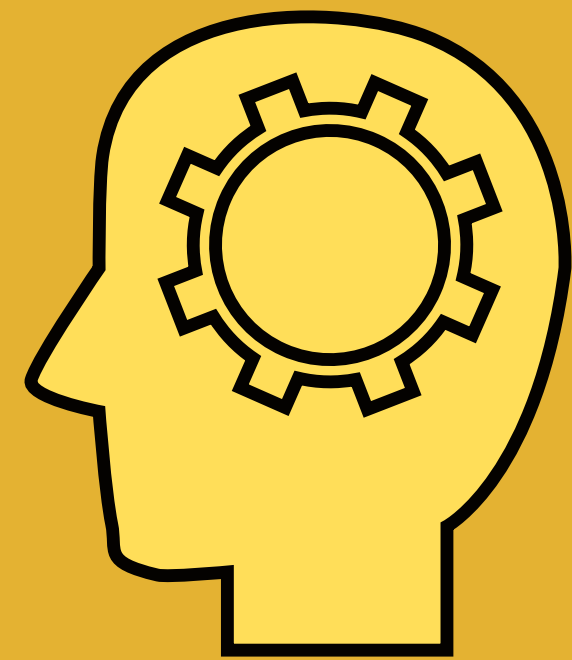
Boost Brain Power



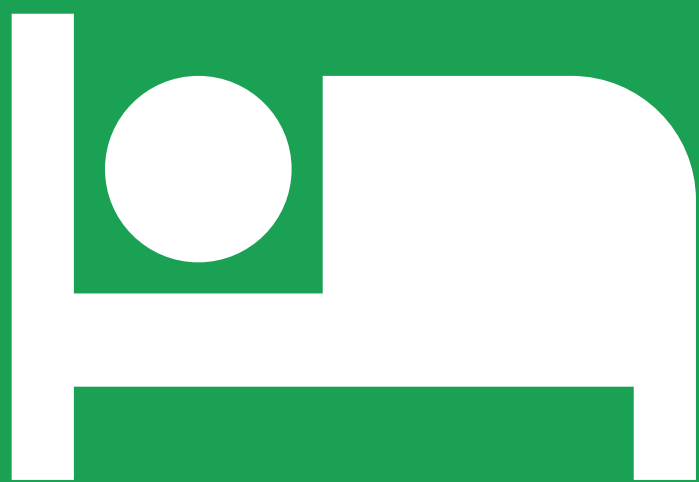
**Enjoy the Great
Outdoors**



**More
Productive**



**Sharpens Your
Memory**



**Increase's
Relaxation**



Healthy Heart