



# EXERCISE & Mental Health

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



**Reduces  
Stress**



**Improve Self  
Confidence**

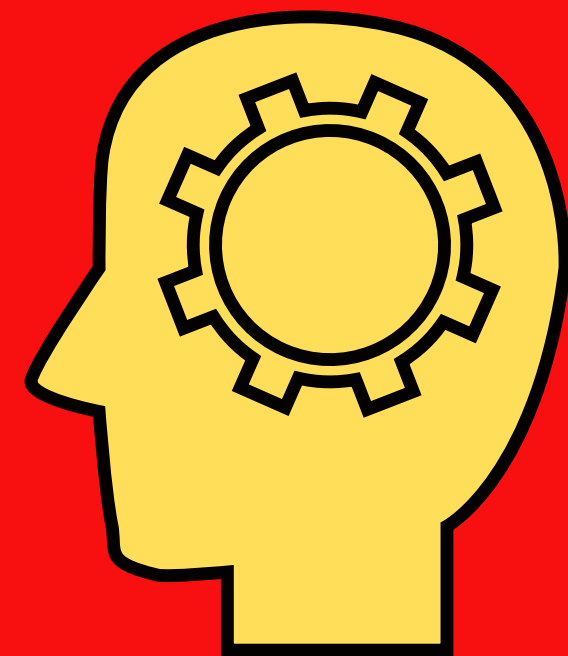
**Boost Brain Power**



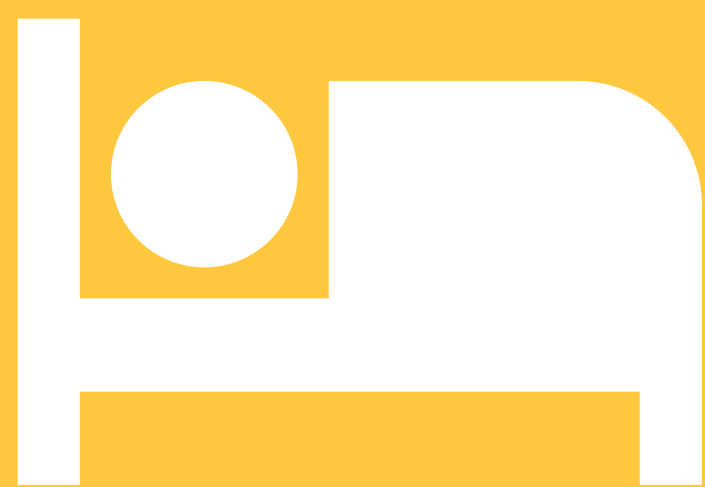
**Enjoy the Great  
Outdoors**



**More  
Productive**



**Sharpens Your  
Memory**



**Increase's  
Relaxation**



**Healthy Heart**