

Exercise Benefits Body and Mind

*Source: Social relations, physical activity, and well-being in older adults.
Prev Med, 2000, vol. 31, pp. 608-617.*

Exercise to Stretch the Body and Sooth the Soul

If weight management, strength and better flexibility are not motivation enough to exercise, consider two additional benefits...

Happiness and Life Satisfaction.

The psychological benefits of exercise are often attributed to aerobic activities like

Running, Walking and Bicycling.

But new evidence suggests that toning and stretching exercises go beyond the muscle to the mind.

Researchers at the University of Illinois examined how physical activity influences social support and overall well-being. Findings support the idea that exercise in any form can

Benefit Overall Well-Being

and provide a social outlet. This is great news for those who have difficulty with aerobic activities yet want to enjoy the psychological benefits of exercise.

Aerobic exercise is still the most effective for weight control and cardiovascular health, but strength and flexibility are both equally as important for fitness, enabling a greater range of motion, balance and increased muscle mass.

