

# 85 benefits of exercise

- Be a role model for your family
- Be around longer for your family
- Be better coordinated
- Be happier
- Be more alert
- Be more flexible
- Be more productive
- Cause your loved ones to worry less about your health
- Control your appetite
- Decrease irregular heart rhythms
- Decrease pressure in your joints
- Decrease your risk for a fatal heart attack
- Decrease your risk of clogged blood vessels
- Enjoy life more
- Feel better about yourself
- Feel happier around other people
- Feel less nervous or anxious
- Feel like you're taking the best possible care of yourself
- Feel more relaxed and at ease
- Fulfil your passions
- Gain pride from your friends
- Get a promotion at work or better paying job
- Have a healthier image
- Have better fitting clothes
- Have fewer illnesses and absences from work
- Have more energy
- Help your body use insulin
- Improve bowel regularity
- Improve circulation
- Improve immune system function
- Improve your appearance
- Improve your balance
- Improve your blood flow
- Improve your mood
- Improve your posture
- Improve your quality of life
- Improve your quality of life
- Improve your relationship with others
- Improve your self-worth
- Improve your sex life
- Improve your sleep
- Increase confidence

- Increase stamina
- Increase your endurance
- Learn new ways to cope with distress
- Live longer
- Look better
- Lower health care costs
- Lower the risk of erectile dysfunction
- Lower your resting heart rate
- Lower your risk for dementia
- Lower your risk for gallstones
- Lower your risk for hip fracture
- Lower your risk for lung cancer
- Make your emotional life richer
- Make yourself stronger
- Manage your anger better
- Manage your stress better
- May improve your breathing
- May lower your blood pressure
- May save money
- Prevent weight gain
- Promote effective problem solving
- Promote feelings of control
- Reduce and prevent lower back pain
- Reduce muscle tension
- Reduce pain
- Reduce risk of high blood sugar
- Reduce triglycerides
- Reduce your body fat
- Reduce your risk of arteriosclerosis
- Reduce your risk of breast cancer
- Reduce your risk of colon cancer
- Reduce your risk of diabetes
- Reduce your risk of endometrial cancer
- Reduce your risk of esophageal cancer
- Reduce your risk of falling
- Reduce your risk of heart disease
- Reduce your risk of kidney cancer
- Reduce your risk of obesity
- Reduce your risk of pancreatic cancer
- Reduce your risk of prostate cancer
- Reduce your risk of sleep apnea
- Reduce your risk of stroke
- Relax your mind