



Wellness Buddy Wednesday Tip

KEEPING FIT

Fifteen Great Reasons to Work Out

A regular exercise program can bring many benefits to lots of areas of your life. Some include:

1. Improved cardiovascular health
2. Better weight control
3. Improved metabolism
4. Improved breathing capacity
5. Improved flexibility
6. Improved endurance
7. Improved strength
8. Improved appearance
9. Improved self-esteem
10. A chance to socialize
11. Increased mental alertness
12. Increased ability to handle stress
13. Less fatigue and more energy
14. Improved sleep
15. A better attitude

JCHD Healthy Communities Program

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Nutrition & Physical Fitness *is our mission!*