



Wellness Buddy Wednesday Tip

WHY DO I NEED TO BE PHYSICALLY ACTIVE?

The quick and simple answer is: To burn the calories from the food and drinks you eat.

Exercise Benefits include:

- ◆ More energy
- ◆ Weight loss
- ◆ Improved mobility and range of motion
- ◆ A better attitude and self-esteem
- ◆ Better blood glucose control
- ◆ Reduced chance of heart attack or stroke
- ◆ Improved blood pressure control
- ◆ Improved cholesterol levels

Please remember muscle weighs more than fat. To stay motivated and encouraged while you are building muscle and losing fat, measure the inches you are losing on your waist, thigh, and biceps to see your progress at weight loss.