

# REASONS TO BE ACTIVE



## Feel More Energized

Engaging in physical activity dilates your blood vessels which in turn causes increased blood flow and oxygen to your muscles. This combined with a temporary spike to your metabolic rate, causes you to feel more energized.

## Manage Stress

Exercise increases the hormone epinephrine, aka adrenaline. Epinephrine is responsible for increased blood flow which increases oxygen to the brain. You feel more alert.

## Decreases Risk of Illness

Exercise increases and improves the circulation of white blood cells. White blood cells are what fend off harmful bacteria that may can lead to illness.

## Keeps You Focused

Regular exercise and healthy eating improve blood flow and help to keep your hormones at optimum levels which increases your ability to concentrate.

## Improved Cardiovascular Endurance

Your cardiovascular and circulatory systems become more efficient with regular physical activity. This not only strengthens your heart muscle, it also improves your blood's oxygen carrying capacity which betters your breathing and muscular contractions.

## Better Sleep

Most adults should aim to get between seven and nine hours of quality sleep each night because lack of sleep has been linked to high blood pressure, increased stress, and irregular heartbeat. By exercising for the recommended 150 minutes a week, your body will get tired, making it easier for you to sleep at night.

## Mood Booster

Due to the flood of endorphins, working out can literally make us giddy. Just 20 minutes of exercise can boost your mood for 12 hours. Cardio and strength training can both give you a lift, and 30-60 minutes of exercise three to five days a week is optimal for mood benefits.

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