

13 BENEFITS OF CARDIO- VASCULAR EXERCISE

01

EASY TO
START

02

IMPROVED MENTAL
HEALTH



03

IMPROVED FITNESS
(FEEL "FIT" WHEN
LESS OUT OF BREATH)

04

KEEP UP WITH KIDS /
GRANDCHILDREN

05

REDUCED
STRESS



06

USEFUL FOR CLEARING
YOUR HEAD

07

IMPROVED CIRCULATION
AND REDUCED RISK OF
CARDIOVASCULAR DISEASE

08

DAY TO DAY LIFE EASIER
(GOING UP STAIRS, WALKING
TO SHOPS, SEX)

11

STIMULATES
HORMONES THAT CAN
HELP DECREASE PAIN

12

IMPROVED ABILITY
TO RECOVER

13

IMPROVED SELF
CONFIDENCE / LESS
SELF CONSCIOUS



09

REDUCTION IN
THE RATES OF 35
CHRONIC DISEASES
INCLUDING DIABETES
AND CANCER

10

IMPROVED
COGNITION AND
MEMORY

