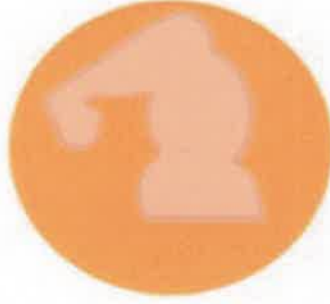


What are the benefits of exercise on physical health?



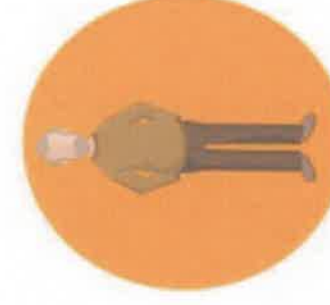
Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline