

Walk **NEBRASKA**

Benefits of Physical Fitness

Most people can think of many reasons not to be more active. They are too busy, too tired, too old or too out-of shape. They may feel exercise is too boring, too difficult or too time consuming. These excuses are just not true. Think positive and look for the benefits.

- ♥ Improves and strengthens the cardiovascular system.
- ♥ Improves muscular tone, strength, endurance and flexibility.
- ♥ Builds self-image and morale.
- ♥ Improves posture and physical appearance.
- ♥ Decreases the risk for chronic diseases and illnesses (heart disease, strokes, high blood pressure and arthritis, for example).
- ♥ Relieves tension and stress.
- ♥ Increases energy levels and job productivity.
- ♥ Slows the aging process.
- ♥ Enhances motivation.
- ♥ Helps boost metabolism and control weight.
- ♥ Aids in fighting depression.
- ♥ Regulates and improves overall body functions.
- ♥ Improves overall quality of life.