

# WHY SHOULD I EXERCISE?

**MY STAMINA  
IS  
INCREASED**



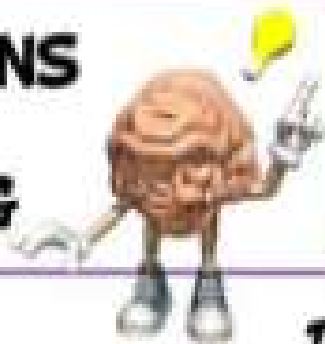
**I SLEEP  
BETTER**



**It makes me Feel  
Fit and Healthy**



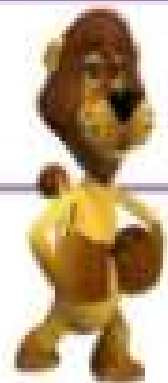
**IT SHARPENS  
MY  
THINKING**



**MY BODY GETS  
LEANER**



**IT GIVES  
ME MORE ENERGY**



**MY MUSCLES AND BONES  
GET STRONGER**



**IT HELPS  
ME TO  
RELAX**



**IT RELIEVES  
STRESS  
IN MY LIFE**



**MY HEART BECOMES MORE EFFICIENT**