05 Focus on Fitness Month
HEALTHY TIP SHEET - MAY

Health Benefits of Exercise

Regular exercise can help you in many ways. Making it a daily habit can be hard at first, but remembering the many health benefits it provides can be helpful.

1 POUND OF FAT = 3,500 CALORIES.

Exercise to create a calorie deficit to lose weight, or maintain a healthy weight.

12 HOURS OF FEELIN' GROOVY.

A little exercise can improve your mood for up to 12 hours. Even five minutes can improve your mood and self-esteem.

5,300,000

That's the number of lives saved if everyone was active daily – it equals the population of Colorado!

DISEASE PREVENTION.

Exercise helps prevent obesity, hypertension, diabetes, osteoporosis, certain cancers, stress and mental health problems, sleep disorders, stroke, heart disease and more.

65% BETTER SNOOZE QUALITY.

Regular exercise helps you sleep better and feel less sleepy during the day.

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

Want More Information?

Visit **www.BlueHealthAdvantageNE.com** for additional health and wellness information and to take the Monthly Health Challenge – Hustle for Better Health.

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