



EXERCISE & Mental Health



Reduces
Stress

Boost Endorphins
(happy chemicals in
the brain)

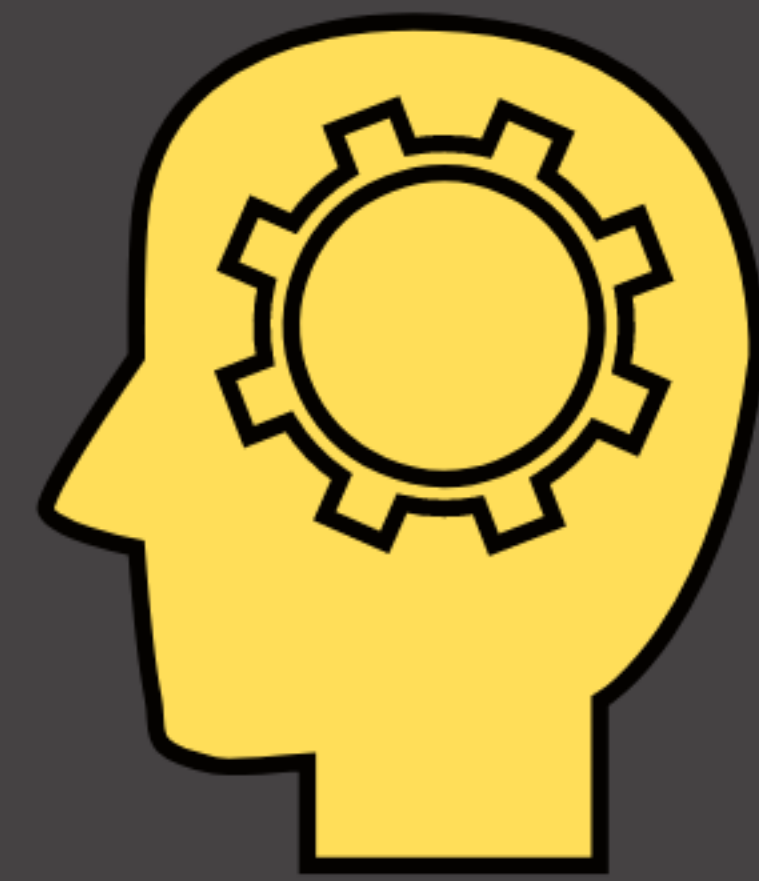


Improve Self
Confidence



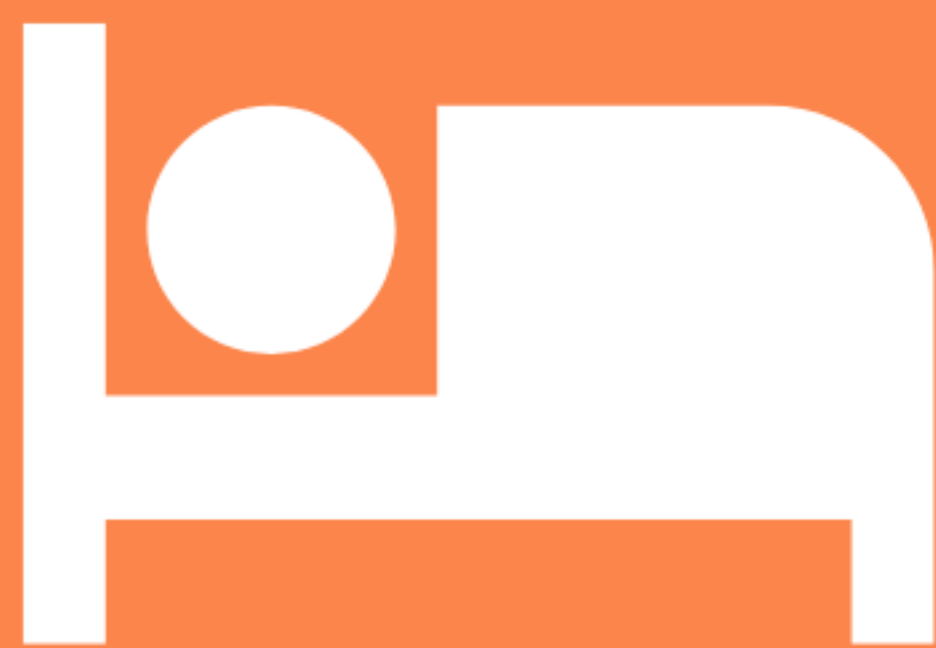
Enjoy the Great
Outdoors

Boost Brain Power



Sharpens Your
Memory

More
Productive



Increase's
Relaxation



Healthy Heart