

# TOP 13 BENEFITS OF EXERCISE



## Top 13 benefits of exercise

1. Exercise tones your muscles which looks great and raises your basal metabolism... which causes you to burn more calories 24 hours-a-day. You'll even burn more calories while you're sleeping.
2. Exercise can 'reverse' the natural decline in your metabolism which begins around age 30.
3. Exercise energizes you.
4. Exercise has a positive affect on almost all of your 650 + muscles.
5. Exercise strengthens your bones reducing your risk of developing osteoporosis.
6. Exercise improves your muscular endurance.
7. Exercise will NOT develop big muscles on women... just toned muscles!
8. Exercise makes you strong. Strength gives you confidence and makes daily activities easier.
9. Exercise makes you less prone to low-back injuries.
10. Exercise decreases your resting blood pressure.
11. Exercise decreases your risk of developing adult onset diabetes.
12. Exercise decreases your gastrointestinal transit time, reducing your risk of developing colon cancer.
13. Exercise increases your blood level of HDL cholesterol (the good type).



**Krishna**  
Cardiac Care Centre  
Unlimited Care...

E a t f o r b e t t e r h e a l t h

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