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#### Totale Wellness

Cardiovaskuläre Gesundheit

Linderung von Arthritis

Diabetes

Verbesserung des Schlafes

Gewicht Management

Linderung von Rückenleiden

Linderung von Depressionen

Vorgeburtliche Gesundheit



#### Totale Wellness

Every time your turn around, someone is telling you about the benefits of exercise. But after a while, it makes your head swim (no pun intended). The information can become too technical, what with VO2 max scores, oxygen consumption rates, and target heart rate calculations.

So, without burdening you with the science of exercise physiology, sports medicine, and two dozen citations from scientific research journals, here is a partial list, in no particular order, of what exercise can do for you and your mental, physical and emotional well-being:

- \* Improve Cognitive Function
- \* Increase in Optimism
- \* Enhance Libido
- \* More Self-Esteem
- \* Improve Cholesterol Scores
- \* Higher Quality of Life
- \* A Leaner Body
- \* More Socially Expressive
- \* Faster Recovery from Illnesses
- \* More Enjoyment, Feeling Happier
- \* Improve Problem Solving
- \* Higher Tolerance for Stress
- \* Better Skin Tone
- \* A Stronger Immune System
- \* More Active Lifestyle
- \* Ability to Perform Faster & Better
- \* Fewer Sicknesses
- \* Less Dependency on Drugs
- \* Increase Vigor & Vitality
- \* Increase Creativity
- \* More Confidence
- \* Decrease in Body Fat
- \* Healthier Bones
- \* More Flexible Joints
- \* Improved, More Restful Sleep
- \* Lower Health Care Costs
- \* Better Role Model to Others