

# Why Get Quality Exercise?

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



- ↓ Risk of Heart Disease
- ↓ Risk of Diabetes
- ↓ Risk of Premature Death
- ↓ Risk of Colon Cancer
- ↓ Risk of High Blood Pressure
- ↓ Body Fat
- ↓ Resting Heart Rate
- ↓ Stress & Tension
- ↓ Depression & Anxiety
- ↑ Lean Muscle & Strength
- ↑ Cardiac Function
- ↑ Bone Density
- ↑ Stamina & Endurance
- ↑ Mobility & Independence
- ↑ Balance & Stability
- ↑ Activities of Daily Living
- ↑ Mental Health & Alertness
- ↑ Feelings of Well-Being
- ↑ *Joie de vivre* (joy of living) 😊