



"FOCUS ON FITNESS" 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.

EXERCISE YOU ENJOY KEEPS YOU MOTIVATED.

To make exercise a daily habit, it's important to find activities you enjoy. If walking or jogging doesn't interest you, try swimming, cycling, Zumba, or martial arts.

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.

DISEASE PREVENTION.

Exercise helps prevent obesity, hypertension, diabetes, osteoporosis, certain cancer, 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.

 **Health +**

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*info source: BHA-Nebraska