



## "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.** Burn baby, Burn!

**EXERCISE YOU ENJOY KEEPS YOU MOTIVATED.** Make it a habit!

**12 HOURS OF FEELIN' GROOVY.** Step it up!

**DISEASE PREVENTION.** An apple a day...

**65% BETTER SNOOZE QUALITY.** ZZZZZzzzzzz.



*Making the impossible, possible.*

Visit [www.provider.bcbs.com](http://www.provider.bcbs.com) or call 888-222-9206 to find a provider near you. \*info. source: BHA-Nebraska



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