

A Guide for Patients and Families

Benefits of Exercise



Why Do We Need Exercise?

1



Improves mood
Increases reaction time

2



Improves energy
and endurance

3



Strengthens
muscles

4



Strengthens
bones

5



Improves balance
Reduces risk of falls

MOST IMPORTANTLY

After the age of 30, the organs in our bodies will start to age. Exercise is the **ONLY** way to slow down this process!

Contributed by



Copyright © 2022 National Healthcare Group