The Benefits of Exercise

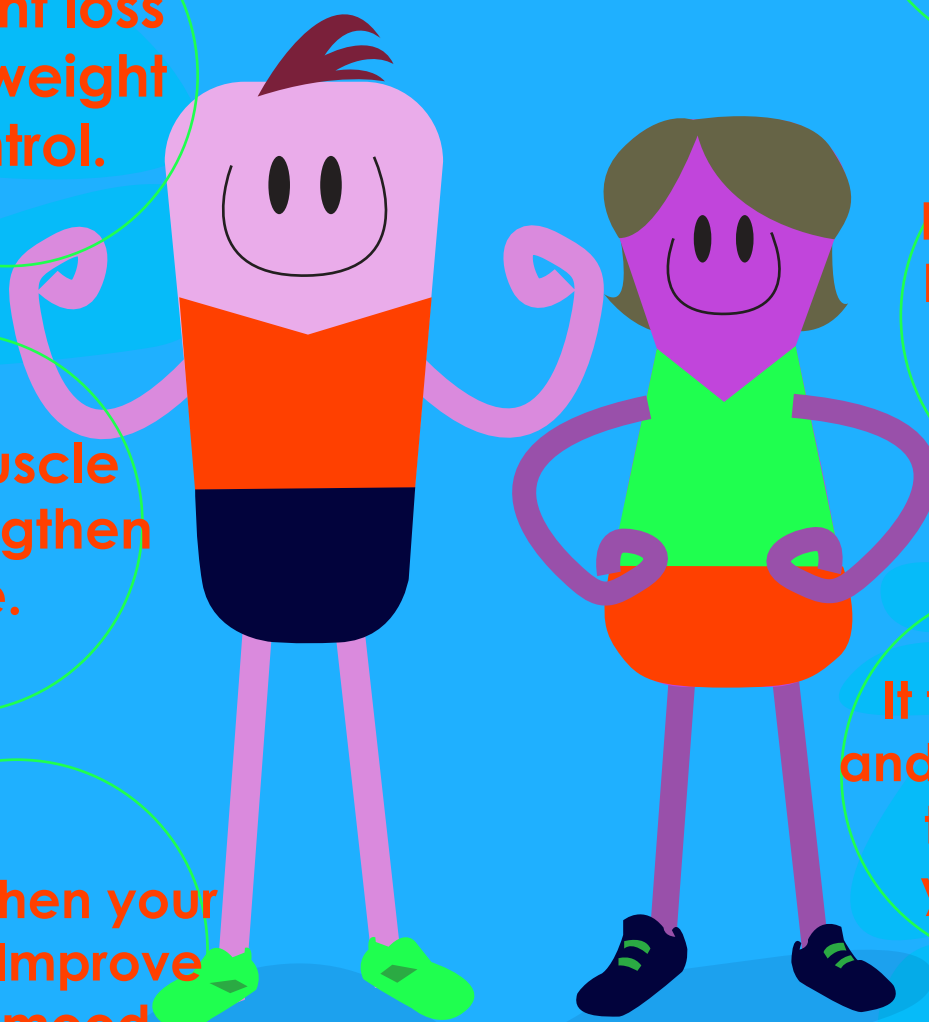Increased flexibility and balance.

Weight loss and weight control.

Reduce risk of heart diseases and other health issues.

Build muscle and strengthen bone.

It feels good and gets better the more you do it.

Strengthen your mind. Improve your mood.

Always consult your health care professional before beginning a new exercise regiment.

VIBE Whole Health