

Your body on EXERCISE



Enhanced cognitive capabilities and improved learning

Reduced stress and anxiety, as well as improved mood



Increased lung capacity and function



Lowers rates of coronary heart disease, high blood pressure and stroke



Improved muscular fitness and strength



Increased flexibility, balance and joint mobility

Improved posture and stabilization



Lowers rates of all-cause mortality



Improved bone health



Aim for 30 minutes of physical activity per day

“Physical activity is the closest thing we have to a wonder drug.”

- Dr. Tom Frieden, CDC Director

Contact us !
LiveWell Office
LJSU B202
livewell@coastaledu
843-349-4031

