

Benefits of Exercise



Heart Health

Exercise helps reduce risk of heart disease by reducing homocysteine, which is linked with heart disease and stroke.



Diabetes

Regular exercise (especially resistance training) improves glucose levels in those with type 1 and type 2 diabetes.



Weight

Aerobic and resistance training exercise aid in weight management and are some of the best ways to prevent weight gain.



Sleep

Regular exercise also improves self-esteem and mood and helps regulate sleep cycles.