

THE BENEFITS OF EXERCISE ON MENTAL HEALTH



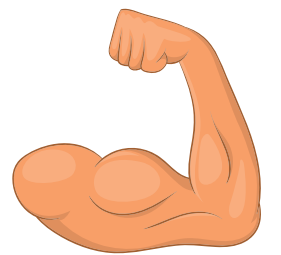
**REDUCED
STRESS LEVELS**



**INCREASED
WELLBEING**



**INCREASED
ENERGY LEVELS**



**INCREASED
CONFIDENCE**



**INCREASED
SELF ESTEEM**



**BOOSTS
BRAIN POWER**



**INCREASED
MOOD**



**REDUCED
DEPRESSION**



**REDUCED
ANXIETY**



**IMPROVED
SLEEP**

