

## **APPENDIX 'A'**

### **Our 'Refrain' of The Health Benefits of Regular Exercise:**

1. Reduced risk of heart disease, high blood pressure, diabetes (risk is 30% less)
2. Reduced risk of colon cancer (40% less risk)
3. Less chance of colds, flus
4. Increased bone density, increased joint flexibility
5. Better weight control
6. More energy
7. Brighter mental outlook
8. Increased self esteem
9. Less risk of anxiety, depression

..... and.....regular exercise should be FUN!!