

TAKE NOTE:

Is exercise on your to-do list for today?



The things we know (science backed):

1. Regular exercise can improve your mood and reduce feelings of anxiety and depression - a win/win.
2. Exercise is crucial to supporting a healthy metabolism and burning more calories per day - woohoo!
3. Maintain your muscle mass and weight loss - yes please.
4. Exercise can reduce your risk of chronic disease - this is vital!
5. Regular physical activity, either aerobic and resistance training, can help you sleep better and feel more energized during the day.

The things that spark our WHY:

- Positives vibes & self confidence!
- Fitting back into those favorite jeans.
- Being able to do all the thing we want to do comfortably, like play with our kiddos or fur-babies.
- Community, friendships and connections.
- Let's face it, we are better, more productive humans when we get our beautify rest.

WHAT'S YOUR WHY?