

## TOP 10 REASONS TO START EXERCISING

**#1 “If You Don’t Use It- You Lose It!” Muscle That Is!** After age 45, sedentary women lose approx. 1 pound of muscle per year

**#2 Exercise Helps Build Bone Density-** Especially important for those prone to osteoporosis. Strength training can prevent serious fractures later in life

**#3 Improves Balance-** Helps you maintain stability during motion and decreases risk of falling

**#4 Increases Flexibility-** More freedom of motion and less stiffness in joints

**#5 Gain More Self Confidence-** Body feels and looks great. You are taking good care of yourself!!

**#6 Become Self Sufficient-** Handle everyday tasks with ease. Be mindful of proper form when lifting and carrying heavier objects

**#7 Look Tone and More Shapely-** Increase muscle definition. Clothes fit better. **You like what you see in the mirror!**

**#8 Burns More Fat!!!** Cardio training burns fat calories. Fat burns in muscle. It’s all good!

**#9 Increases Energy Level-** Have more endurance for daily activities and recreation, plus better recovery from over exertion

**#10 Maintain a Higher Metabolism-** You will burn more calories even at rest! For every pound of muscle gained you burn 30-40 calories more a day

**Learn proper technique to prevent injuries and specific exercises for your needs and goals.**