

Why Move More?

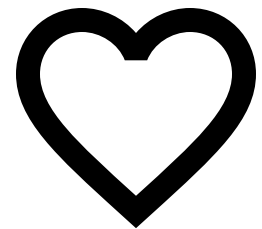
By Moving More every day, you'll strengthen each and every part of your body and mind!



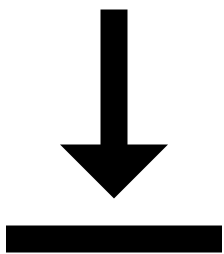
Reduces stress, anxiety, and frustration



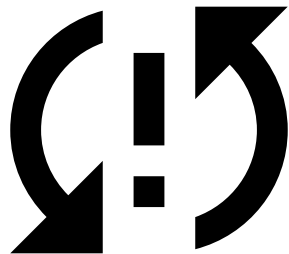
Strengthens bones and improves muscle strength



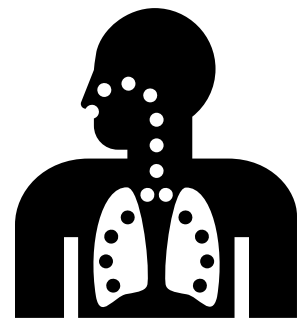
Reduces risk of stroke and heart attack



Lowers blood pressure and bad cholesterol



Helps control appetite and digestion



Improve body's ability to use oxygen

