

# OPTIMAL HEALTH



The diagram depicts a classical building facade. At the top is a triangular pediment containing the text 'OPTIMAL HEALTH'. Below the pediment is a row of columns. The first column on the left is labeled vertically with the word 'NUTRITION'. The second column is labeled vertically with the word 'EXERCISE'. The remaining columns are unlabeled. The base of the columns is a horizontal platform labeled with the words 'NEW START' in individual letters. The entire structure is set against a light blue background.

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# Benefits of Exercise

- Lower risk of early death
- Lower risk of coronary heart disease
- Lower risk of stroke
- Lower risk of high blood pressure
- Lower risk of type 2 diabetes
- Lower risk of cancer

# Benefits of Exercise

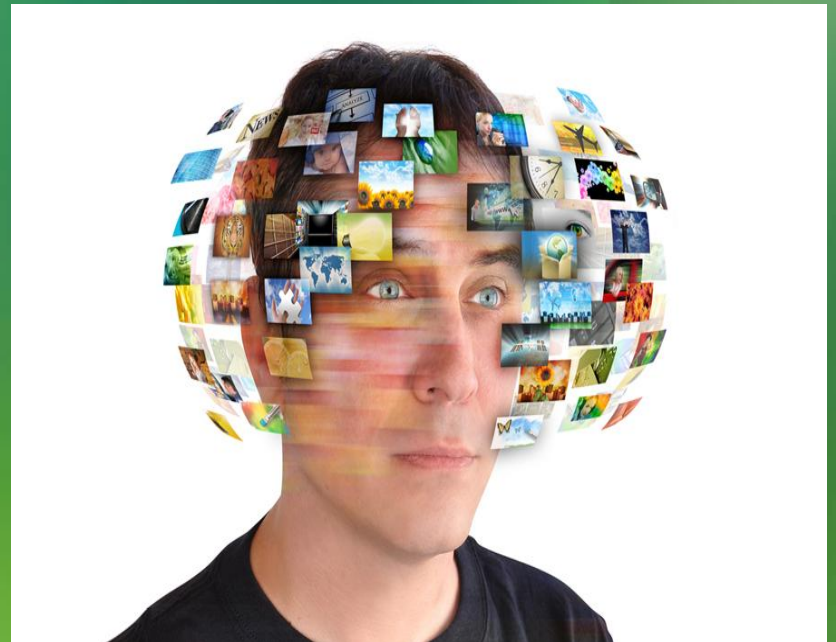
- Improved bone health
- Improved muscle and cardiovascular fitness
- Improved sleep quality
- Improved digestion and elimination
- Improved total cholesterol
- Greater joint flexibility



# Reduced Symptoms of Depression



# Better Cognitive function



# Be consistent, make it a lifestyle!



Schedule exercise

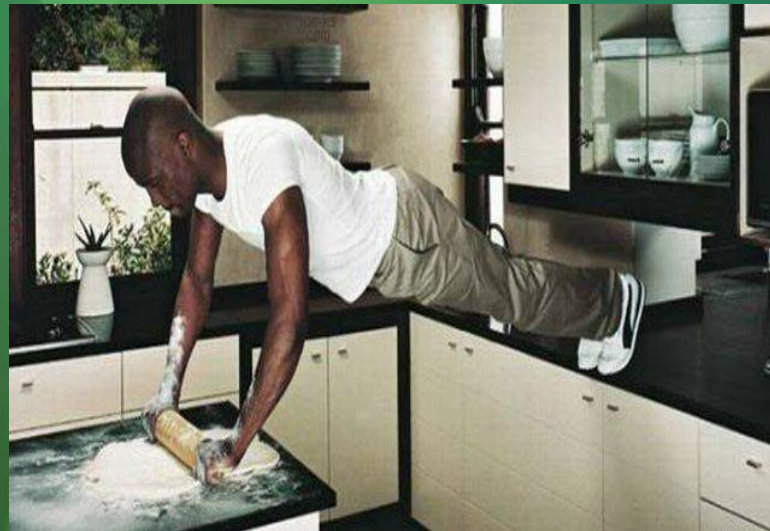


Exercise in groups

# Be consistent, make it a lifestyle!



Do a type of exercise you enjoy



Multi-task while exercising



3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

