

WV Wellness

Information provided by Jay Ego, Director, Willamette View Wellness Center

Six Reasons to Keep Moving

For your health, your appearance, and much, much more:

1. Your cardiovascular system will benefit, and you'll reduce your risk of disease: your body will stay healthier longer.
2. You can relieve stress, calm your anxiety, and regulate your sleep: physical activity improves your psychological well-being.
3. Your metabolism will increase thanks to the higher percentage of muscle mass, and this will help you keep your weight under control.
4. You'll benefit from greater flexibility and better posture, and being more agile means you won't have to work as hard.
5. Your skin will remain more vital, supple, and youthful for longer.
6. Your body will be better toned and more attractive.



TECHNOGYM
The Wellness Company

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