



5 Reasons to be Healthy

1. More Energy

We take our energy levels for granted until we lose it. Having more energy makes a difference to what you get done in your day as well as your mood.

2. Avoid Illness and disease

Staying healthy by eating well and working out helps promote healthy cholesterol levels, reduces the risks of diabetes, keeps your heart in shape, staves off hypertension and also helps you avoid nasty colds and flus that often plague the less healthy during flu season.

3. Better mental health

In a study by Duke University, researchers found that 30 minutes of exercise, three times a week worked just as well as drug therapy in relieving symptoms of depression and greatly reduces the risks of the depression returning. Being healthy gives you the capacity to handle life's ups and downs

4. Live Longer

If none of the above sound good to you, then how about the ability to live longer? And I'm talking about living longer and thriving, not just surviving. Which means being able to be a part of your children's and grandchildren's lives for much longer and actively participating in it.

And if you don't have any children or grandchildren, then the ability to do whatever you want - travel, dance, be a part of the world.

5. Look better and feel more confident

Being fit and healthy gives you a big confidence boost not just to your mood (clearer mind, more energy, better feeling all around) but also to how you look! Imagine fitting into your clothes just right because you worked at it? Doesn't that feel great?

You are empowered because you know that you're in control of how you look and feel. It's an all-around amazing feeling that comes with staying healthy.

**I hope that these reasons will inspire you to stay healthy and fit
- in mind, body and spirit.**