

SPOTLIGHT POINT:

Thinking more about the importance of being physically active

Improves your mood (i.e. helping to reduce stress and anxiety)

Improves focus, academic performance, and work output by increasing oxygen flow to the brain and neurotransmitters

Stimulates production of endorphins (chemicals) that boost mood

Contributes to all aspects of health

Promotes better sleep (as long as you don't exercise too close to bedtime)

