

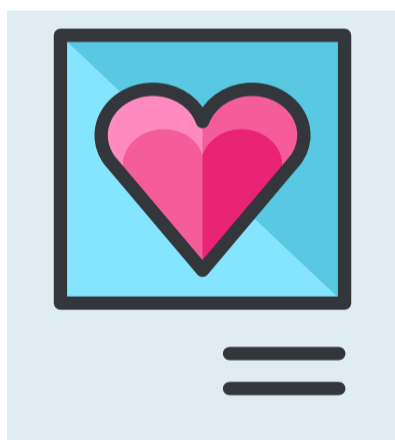
The Benefits of **EXERCISE**

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BLOOD SUGAR

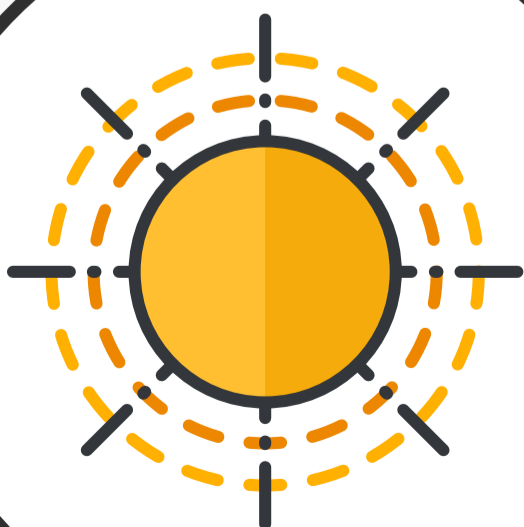
- Exercise improves insulin resistance for 2–72 hours and can help manage blood sugar.
- It also lowers your risk of type 2 diabetes.



IMPROVED HEALTH

People who exercise regularly are at a reduced risk of...

- Heart disease
- Certain cancers
- Chronic inflammation
- Low bone mass



BETTER MOOD

Regular exercise has been linked to improved mood and more effective stress management.