

# EXERCISE IS HEALTHFUL!

Science shows that exercise is helpful in reducing risk of:

- Cognitive decline, insulin resistance, cancer, stroke

day, most days of the week

Adequate exercise is 30 minutes per

- Vary intensity of workouts

Exercise does not cause

Exercise helps maintain a healthy weight

## OVEREXERCISE

## TOP 10 TIPS

movement

### Consequences

- Malnutrition
- Increased depression and anxiety
- Poor digestion
- Injury and sickness
- Other physiological side effects

tracking calories burned

or steps walked

in a club or intramural team

10. Stop following fitness models or

influences