Your **SMART BUSINESS** Moment™

It Does a Body Some Good

Physical activity improves overall health. Being physically active for at least 30 minutes a day can have many potential benefits including:

> ➢ Encourage and maintain weight loss.
> ➢ Improve mood and self-confidence.
> ➢ Improve energy levels and endurance.
> ➢ Promote better sleep.

Pick a physical activity you enjoy. Set goals and try different routines periodically to stay motivated. When starting any exercise program, always keep safety in mind and consult a doctor if you have health issues.

And that's smart business!