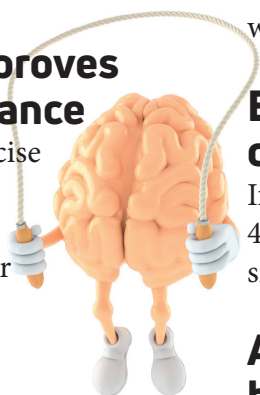# Having trouble finding motivation staying active? Here's 12 facts to boost your energy levels.

## Music improves workout performance

Listening to music while exercising can improve work out performance by 15%.

## Exercising improves brain performance

Cardiovascular exercise helps create new brain cells. This enhances brainpower and brain activity.

## Working out sharpens your memory

Exercising increases the production of cells that are responsible for learning and memory.

## Running burns calories!

If you run at a 10 minute per mile pace, you can burn 104.3 calories per mile.

## More muscle mass = burning more fat while resting

The more muscle mass you have, the more fat your body burns while resting.
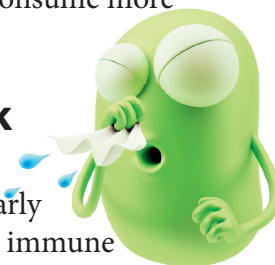
## Exercise prevents signs of ageing

If you exercise 3 times a week for 45 minutes, you can help prevent signs of ageing.

## A pound of muscle burns 3x more calories than a pound of fat

Having more muscle than fat means you can consume more calories.

## You get sick less often

Exercising regularly helps boost your immune system. This means you'll get sick less often than people who don't exercise.

## Increases productivity

Exercising increases the number of endorphins that are released into your body and increases productivity.

## Workouts can improve the look of your skin

Sweat releases dirt through your pores, which reduces acne and breakouts. Workouts improve the overall look of your skin.

## Exercising boosts self-confidence

Exercising can help ease your mind and rejuvenate your body. Working out will make you feel great and boost your self-confidence.

## Working out enables you to sleep better

If you are someone who has trouble sleeping or staying asleep, then working out is your answer. Exercise helps to clear your head and helps you feel relaxed.

Adapted from: https://athletics.carleton.ca/2015/12-fun-facts-about-exercising/