

# staying active

Here's 12 facts to boost your energy levels.

## **Working out sharpens your memory**

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

## **Music improves workout performance**

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

## **Increases productivity**

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

## **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.

## **Exercising improves brain performance**

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

## **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.



## **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.

## **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.