

The Benefits of **CARDIO EXERCISE**

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MAINTAINS BLOOD SUGAR

Muscles use glucose during physical activity, which benefits diabetic people.

AIDS MEMORY

Believe it or not, it decreases the risk of dementia and Alzheimer's disease!



REDUCES STRESS

A workout can help rid of tension and make you feel relaxed.

RELEASES FATIGUE

It releases hormones which combats fatigue.



FACILITATES SLEEPING

A study suggests a workout at least two hours prior to sleeping can help fight insomnia.

HELPS METABOLISM

The longer the cardio exercise, the faster the weight loss.



BOOSTS THE IMMUNE SYSTEM

After cardio, the body naturally generates antibodies in the form of immunoglobulins. These serve as barriers of the immune system.



PINOY BUILDERS