Your body on **EXERCISE**

- Enhanced cognitive capabilities and improved learning
- Reduced stress and anxiety, as well as improved mood
- Increased lung capacity and function
- Lowers rates of coronary heart disease, high blood pressure and stroke
- Improved muscular fitness and strength
- Increased flexibility, balance and joint mobility
- Improved bone health
- Improved posture and stabilization
- Lowers rates of all-cause mortality

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"Physical activity is the closest thing we have to a wonder drug."

- Dr. Tom Frieden, CDC Director

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**Contact us!**
LiveWell Office
LJSU B202
livewell@coastal.edu
843-349-4031

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**30 min/day**
Aim for 30 minutes of physical activity per day