February

Fitness & Exercise
Physical & Mental Benefits of Exercise for Adults

Regular exercise and physical activity can reduce the impact of illness and chronic diseases such as diabetes, Alzheimer's, heart and some cancers.

Staying active improves mobility, flexibility, and balance. Strength training in particular can help with symptoms of arthritis.

Exercise improves mood and self-confidence. The endorphins released during physical activity work to relieve stress and reduce sadness, depression and anxiety.

Weight bearing exercises help improve bone health and reduces your risk for bone loss (osteoporosis) and bone fractures.

Exercise is beneficial for your brain as well as your body. It can prevent memory loss, dementia, and slow the progression of brain disorders.

Exercise & Your Liver

Exercise helps maintain a healthy weight, which can reduce the risk of developing fatty liver disease.

Regular physical activity improves blood flow which makes it easier for your heart to send blood to your liver and the liver to send filtered blood back through the body.
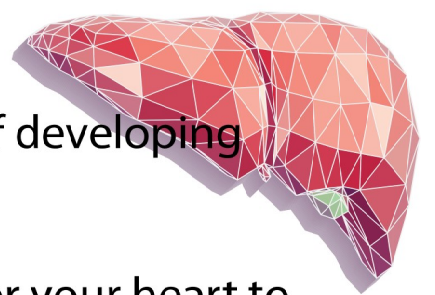
✚ Doctor's Tip
Exercise should include both aerobic activity and strength training for full benefits. - Dr. Pranab Barman, Northwestern University

AMERICAN LIVER FOUNDATION

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GET FIT »

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.LiverFoundation.org/GreatLakes