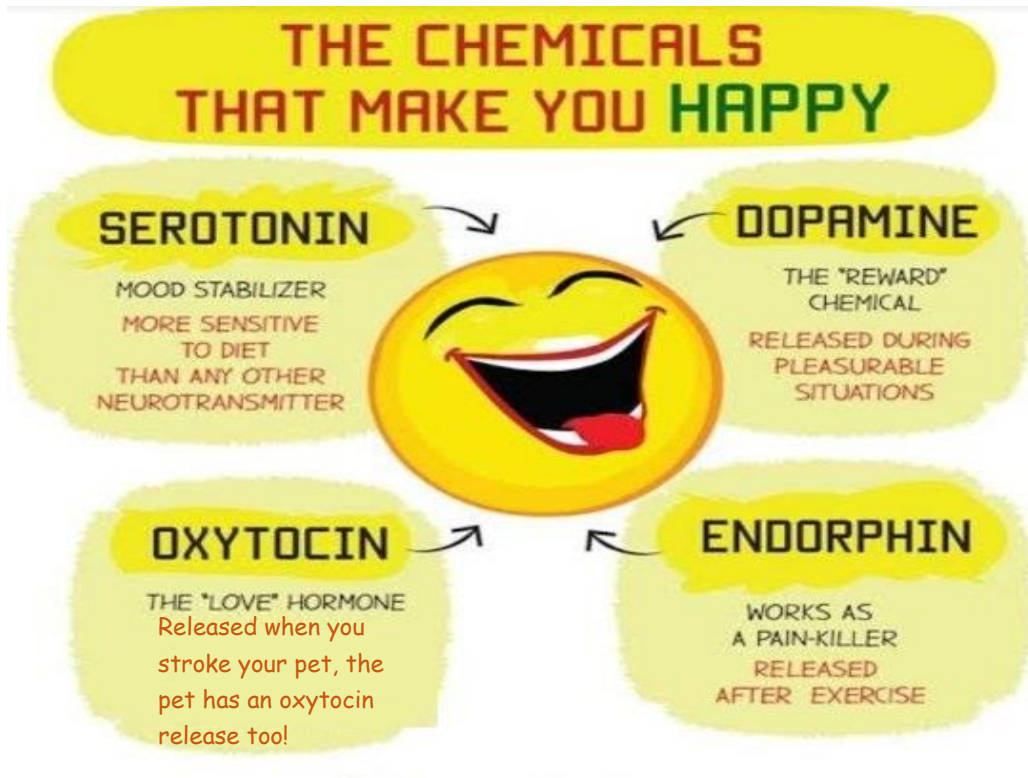


Be Active



YOU ARE ONLY ONE WORKOUT AWAY FROM A GOOD MOOD...
WHAT ARE YOU WAITING FOR?

CarolynHansenFitness.com

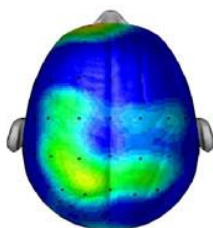
Join a gym, go for a run, do some skipping, play a sport, mow the lawn, they will all give you an exercise 'buzz'

ENDORPHINES

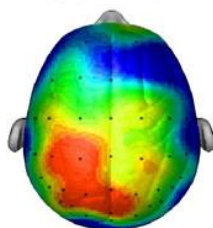


The happy hormone

BRAIN AFTER SITTING QUIETLY



BRAIN AFTER 20 MIN WALK TRIGGERING ENDORPHINS



Scan compliments of Dr. Chuck Hilman University of Illinois