



MY BIG WHY – HOW EXERCISE CAN HELP ME

BY _____ DATE: _____

SOME PHYSICAL BENEFITS

- Makes me stronger and able to do more around the house. (Easily pick up heavy grocery bags or kids.)
- Help me manage and control my weight. (Controls fat and helps prevent obesity.)
- Increases metabolism and helps burn extra calories. (So important after a 'cheat' meal!)
- Provides muscle definition, firms and tones me up.
- Facilitates the management of my blood sugar and insulin levels. (Reduces risk of diabetes.)
- Controls challenges like cholesterol, arthritis, etc. (Less visits to the doctor. Yippee!)
- Strengthens my heart. (Reduces risk of heart disease.)
- Increased circulation.
- Better cognitive function. Helps thinking, learning and judgement skills. (Especially with age.)
- Strengthens my bones. (Slows loss of age related bone density and decreases the risk of osteoporosis.)
- Reduces the risk of some cancers.
- Reduces risk of falls.
- Boosts my immunity.
- Increases my chances of living longer with a better quality of life.
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SOME OTHER BENEFITS

- Helps my confidence level. My many small wins and "feel good" times will keep adding up.
- Gives me amazing moments to remember with my family and strengthens family bonds
- Improves my mood and mental health. Helps me feel happier if I'm sad, frustrated or upset.
- Maintains cognitive function and prevents decline. It helps me get sharper mental focus.
- Increases energy levels and stamina so I can keep up with and play longer with my family.
- Helps me sleep better
- Reduces stress levels and helps me to cope with anxiety/depression
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"You don't have to be great to start, but you have to start to be great"

– Zig Ziglar (author, motivational speaker)



MY LITTLE "BIG WHY"

BY _____ DATE: _____

- It helps me to be happy
- My muscles and bones get stronger
- Gives me more energy
- Helps me sleep better
- Encourages healthy growth
- Helps me to relax
- I feel good about myself
- I get to spend time with and have fun with family and friends
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*"Never give up on what you really want to do.
The person with big dreams is more powerful than one with all the facts."
– Albert Einstein (theoretical physicist, philosopher)*