

MOVE TO IMPROVE

22 IMMEDIATE RESULTS OF EXERCISE

Here's to some virtuous instant gratification! **You are one workout away from a good mood.** Exercise is a form of self care. Start with a deep breath.

PHYSICAL

complexion glows
brain fog clears
blood oxygenates
better range of movement
energy builds
get the junk out
immunity boost
muscle tension eases

MENTAL

mood lifts
anxiety eases
stress lowers
feelings of achievement
brain gets good ideas
depression lifts
improved self-esteem
positive thoughts increase

EXERCISE LOVE

Here's what I love about exercise:



MORE

quality of life goes up
increases chance of exercising tomorrow
decision fatigue lifts
hits reset for a bad day
more motivation to do other healthy things
dose of self-discipline