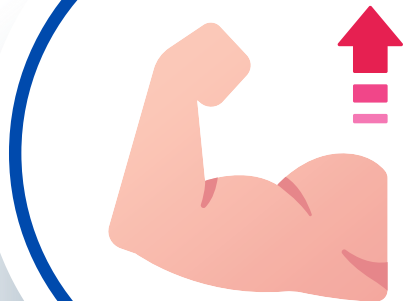


# The benefits of getting active

## Physical benefits

- Improves bone strength
- Helps you resist infections



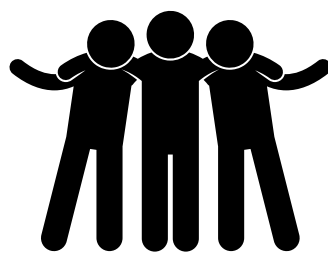
## Mental benefits

- Raises your confidence and self-esteem
- Reduces anxiety and depression



## Psychological benefits

- Helps you cope better with the feeling of being out of breath.
- Creates new social opportunities



**Off you go!**