

Motivation to get moving: The benefits of exercise

Regular physical activity is an easy way to improve your health and reduce your risk of developing type 2 diabetes, cancer and cardiovascular disease. Exercise also has profound mental health benefits – you don't need to be a fitness fanatic to experience better sleep, improved memory and stress relief! In this day and age, you also don't need a gym to stay in shape, finding activities you can do on your own time and in your own home is easier than ever. See Aetna's flyer to learn tips about incorporating exercise into your routine, and varying your workouts to achieve the maximum benefits!

Attachments:



[Aetna Flyer_Exercise.pdf](#)