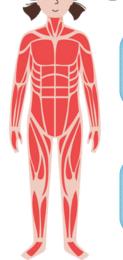


MUSCLES MATTER



Muscles manage blood sugar
When you work out, your muscles
use more glucose.

- Muscles keep you STRONG
 From walking, running to climbing stairs muscles power movements.
- Muscles burn more daily calories

 Active muscle tissue significantly increases caloric expenditure and improves metabolic function toward overall better health.
- Mood & Self Esteem
 Strong, balanced
 muscles are correlated
 with mood and selfconfidence.
- Joints & Bones

 Muscles help increase bone density and lubrication to joints.
- **6** Keep you ALIVE!
 After all, your heart is a muscle..!
- 7 Improves Quality of Life Increased metabolic function increase strength and energy!