



5 REASONS PEOPLE NEED GYMS

Here are essential reasons everyone should join a gym



BUILDS UP THE IMMUNE SYSTEM

A couple of immune system benefits of exercise include helping the system handle pathogens and slowing immune changes from aging.



HELPS WITH DEPRESSION AND ANXIETY

Research has found that exercise can reduce depression and anxiety symptoms and potentially keep them from returning.



HELPS BUILD A ROUTINE

Having a regular workout routine can help you keep better track of your days and weeks. It can help to decide on a workout time that works for your life and one that you'll be able to stick to.



IMPROVES SLEEP

Exercise helps people fall asleep faster and have better quality sleep. Moderate aerobic exercise has been associated with more deep sleep that helps the body rejuvenate.



IMPROVES OVERALL MOOD

Beyond specifically helping anxiety and depression, exercise can boost overall mood. There are many factors that impact your mood but workouts help many of them.

