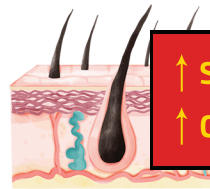
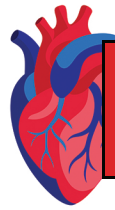


BENEFITS OF PHYSICAL ACTIVITY ON HEALTH



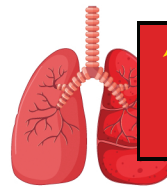
↑ SWEATING CAPACITY
↑ CUTANEOUS VASODILATION



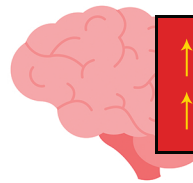
↑ CARDIAC FUNCTION
PREVENT NCD



PREVENT
OVERWEIGHT/OBESITY



↑ CARDIORESPIRATORY
FITNESS



↑ MENTAL HEALTH
↑ COGNITIVE FUNCTIONS



HEALTHY AGING
↑ FUNCTIONAL CAPACITY



GastroDoxs
defenders of the digestive system