

# Benefits of Exercise for Obesity



Lower Bad  
Cholesterol  
Levels



Lower  
Blood  
Pressure



Resuces  
Waist  
Size



Balances  
Harmones



Reduces  
Stress



Lower  
High-Risk  
Conditions



Improves  
Cardiac  
Function



Improves Bone  
And Muscle  
Strength



Corrects  
Posture



Reduces  
Abdominal  
Fat



GastroDoxs  
defenders of the digestive system