



Physical Activity

Endurance. Strength. Flexibility.

Recommendations for Adults

- 150 minutes / week
Aerobic activity
- 2 days / week
Muscle-strengthening activity

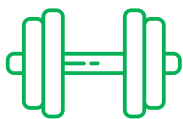


Benefits of Exercise

- Enhance mood
- Sharpen focus
- Reduce stress
- Improve sleep
- Boost immune function
- Decrease risk of several diseases



Nutritional Support



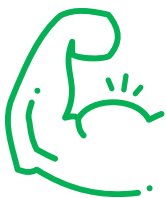
Enhance athletic performance

- Creatine
- B vitamins
- CoQ10



Promote recovery

- Vitamin C
- Zinc
- Protein
- Omega-3 fatty acids
- Probiotics



Protect musculoskeletal system

- Calcium
- Vitamin D
- Glucosamine and chondroitin
- Protein



Increase the body's resistance to physical and emotional stress

- Korean ginseng
- Schisandra berry
- Rhodiola rosea
- Ashwagandha