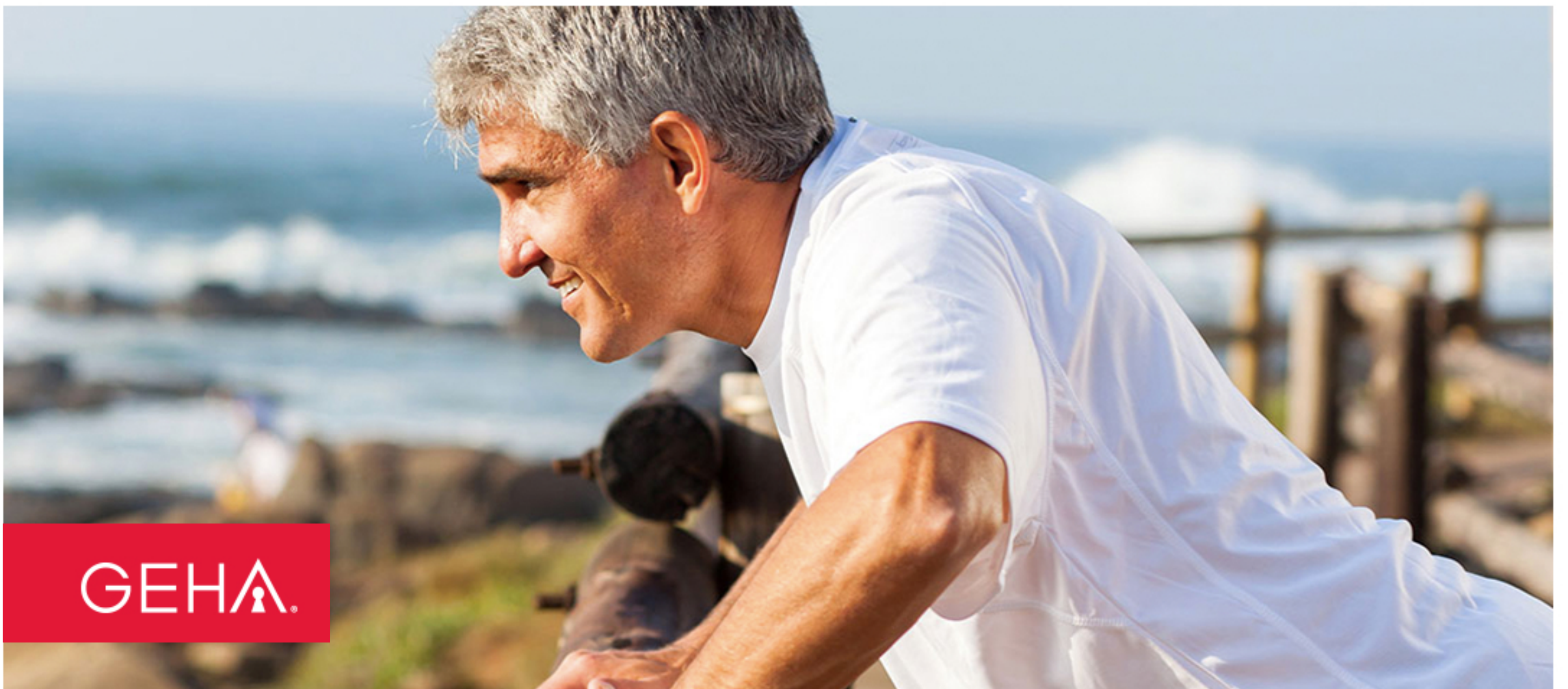# IMPROVE YOUR DAILY LIFE WITH EXERCISE

Read about three benefits of regular exercise.

One of the most popular motivators of physical fitness is weight loss. Studies show that exercising regularly not only affects your physical state, but your mental and emotional state as well.

Staying active can help manage anxiety and sleepless nights, build self-confidence and more.

MOOD BOOSTER
Each time you exercise your body releases endorphins. Endorphins are chemicals that positively affect your brain and reduce your feeling of pain. The effect is sometimes referred to as a "runner's high." Seeing results of your exercise may also increase your self-confidence.

A GOOD NIGHT'S SLEEP
According to a recent study, people who stay active for more than 10 weeks reported better sleeping habits. Those improved sleeping habits included being able to fall asleep faster and stay asleep rather than tossing and turning.

A HEALTHIER YOU
Participating in physical activity on a regular basis can decrease your risk of illness and disease. For example, exercise can help prevent heart disease and diabetes and decrease your chances of getting the flu, and if you do get the flu, chances are you'll have symptoms for a shorter period of time.

Explore more at the Chiefs Wellness Program homepage »