

Helps you  
**live longer**

Just 5-10 minutes of jogging each day can reduce your risk of heart disease by 30%.



**#cando**

# Strengthens

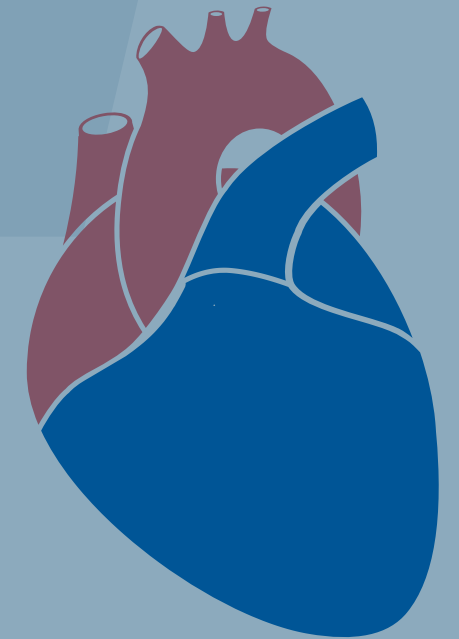
bones & muscles

Bones are living tissue. Weight-bearing activity causes new bone tissue to form, and this makes bones stronger. Running stretches them and even strengthens them.



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# Improves cardiovascular health



Running increases 'good' cholesterol that transports fat from the arteries to the liver for processing. The body consumes more oxygen during high-intensity modes of exercise which decreases your resting heart rate.

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# Improves lung function

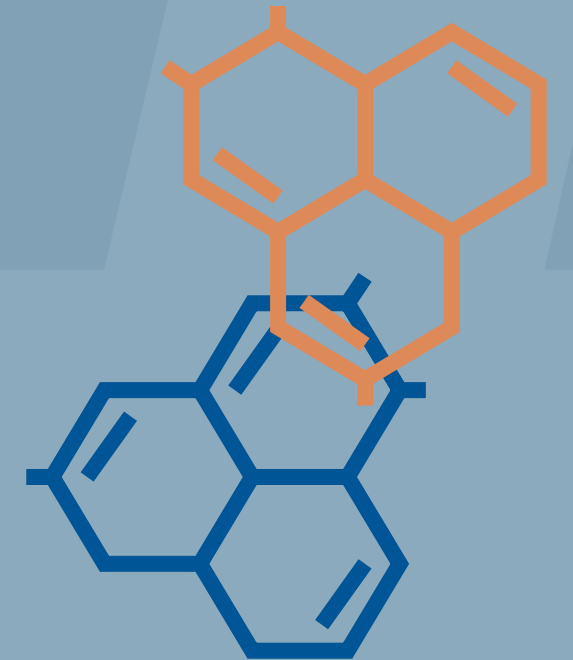
The lungs supply oxygen to the body - an element needed for cell growth and energy. Running regularly can increase your lung function and aerobic capacity.



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Releases  
**endorphins**

If you're already a runner, then you have probably experienced the 'runners high'. It is the result of endorphins, which interact with the receptors in your brain to reduce your perception of pain.



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# Boosts metabolism

The more calories you burn via physical exercise, the more your metabolic system is increased. This is where your exercise affects your resting metabolic rate.



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# Lower risk of diabetes

Your chances of getting diabetes can be reduced as your blood glucose, blood pressure and cholesterol levels are more likely to remain on target.



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# Aids

memory and concentration

Running 30 minutes a day, four times a week helps protect the area of your brain responsible for memory and boosts concentration.



#cando



# Improves mood



Regular exercise can have a profoundly positive impact on your mood. Endorphins and the euphoria that you feel during and after a workout occur because exercise repairs neuron damage and promotes mental growth.

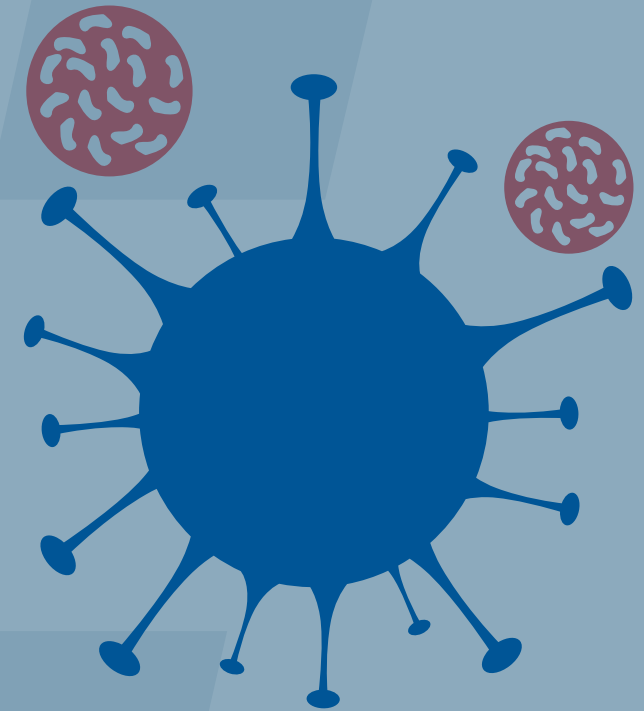
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CANACCORD|Genuity  
Wealth Management

# Stronger immunity

By promoting good circulation, running allows the cells and substances of your immune system to move through your body freely and do their job efficiently.

**BENEFITS OF RUNNING**



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