ExHALE

Exercise for Health, Achievement, Lifestyle and Energy

Benefits Of
Physical Activity

STRATHCLYDE SPORT

Help reduce cardiovascular disease

Effective treatment for depression, anxiety and stress

Strengthens muscle and bones

Boosts brain function and memory

Improves sleep quality

Helps in the aid of weight loss

Reduces the risk of type 2 diabetes

Lowers blood pressure

Reduces lower back pain

Increases your energy levels