

## **BENEFITS OF STRUCTURAL AND FUNCTIONAL CARDIO RESPIRATORY (AEROBIC) FITNESS**

**Aerobic fitness can help you do the following:**

- Complete and enjoy your daily activities
- Strengthen and increase the efficiency of your heart muscle
- Increase the proportion of high-density lipoproteins in your blood.
- Increase the capillary network in your body
- Improve collateral circulation
- Control your weight
- Stimulate bone growth
- Cope with stressors
- Ward off infections
- Improve the efficiency of your other body systems
- Boost your self-esteem
- Achieve self-directed fitness goals
- Reduce negative dependence behavior
- Sleep better
- Recover more quickly from common illnesses
- Meet people with similar interests
- Receive reduced insurance premiums

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