

10 Reasons Why I Love to Exercise

1. I have more energy
2. It helps me cope with stress
3. It improves my self-image
4. It tones my muscles
5. It helps me lose weight
6. It increases resistance to fatigue
7. It helps me feel relaxed
8. It helps me control my appetite
9. It counters anxiety and depression
10. It provides a source of fun and entertainment

“And charity suffereth long and is kind, and envieth not and is not puffed up, seeketh not her own, is not easily provoked, thinking no evil, and rejoiceth not in iniquity, but rejoiceth in the truth. Beareth all things, believeth all things, hopeth all things, endureth all things ...” (Moroni 45:45)