

# PHYSICAL FITNESS



## *12 Fun Facts about Physical Exercise*

1. Music improves workout performance
2. Exercising improves Brain Performance.
3. Working out sharpens your memory.
4. Running burns Calories.
5. More Muscle Mass = **Burning more Fat while resting.**
6. Exercise prevents signs of ageing.
7. A pound of muscle burns three times more calories than a pound of Fat.
8. You get Sick less often.
9. Increases Productivity
10. Workouts can improve the look of your skin
11. Exercising Boosts Self Confidence.
12. Working out enables you to sleep better.

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