

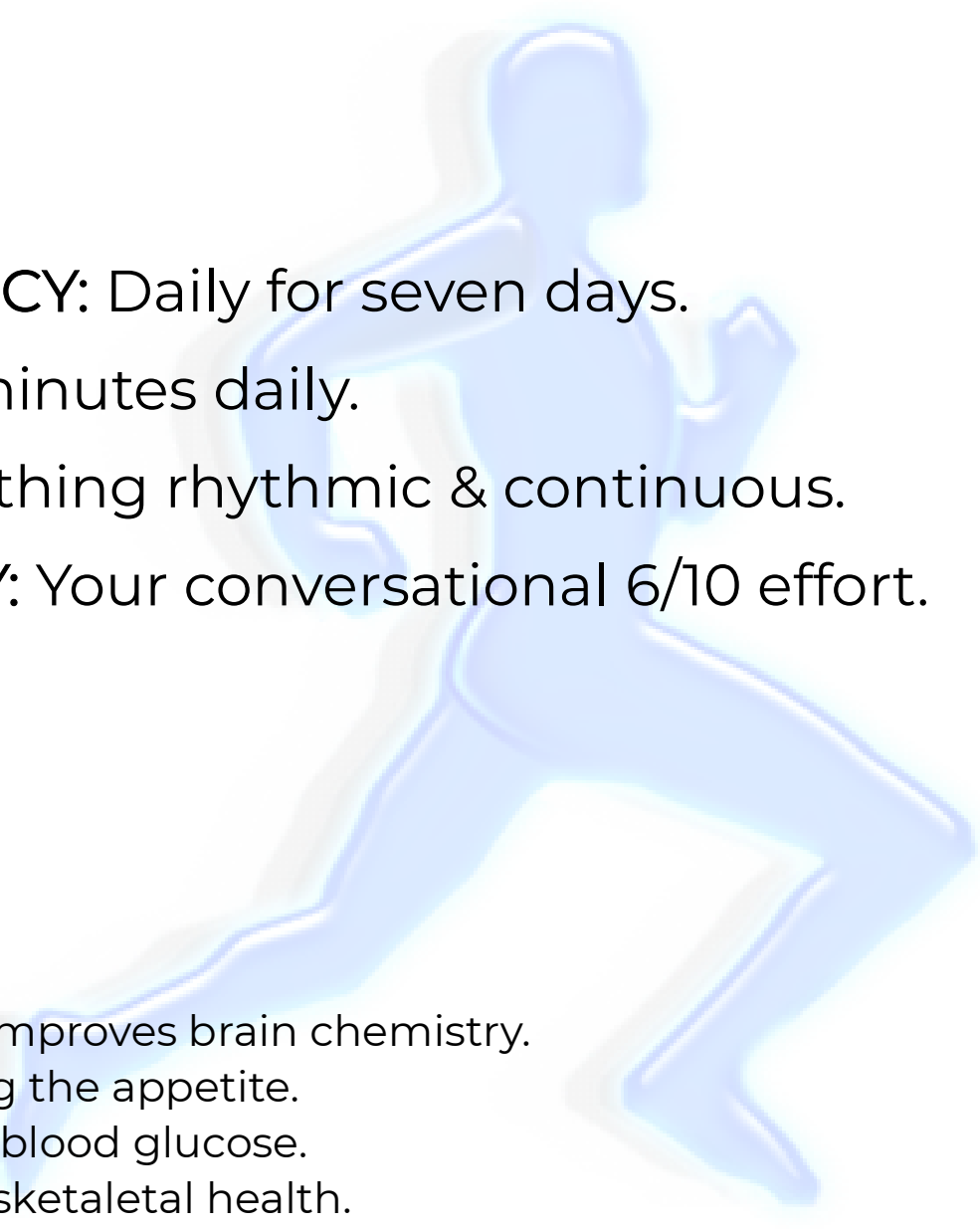
Exercise is
the most underutilised drug on the planet.

FREQUENCY: Daily for seven days.

TIME: 35 minutes daily.

TYPE: Anything rhythmic & continuous.

INTENSITY: Your conversational 6/10 effort.

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- ✓ Exercise improves brain chemistry.
 - ✓ Stabilising the appetite.
 - ✓ Balances blood glucose.
 - ✓ Maintains skeletal health.
 - ✓ Boost confidence.
 - ✓ Drives healthy ketosis.
 - ✓ Holds functional balance & coordination.
 - ✓ Maintains healthy lung & breathing capacity.