



Benefits of SparkPittsburgh

Not only does it help increase your physical activity levels, it also helps with:

Mental Health - helps to keep your thinking, learning, and judgement skills sharp; can also help to improve your resiliency and determination

Mood - can improve your mood leading to feeling happier, less depressed, and more relaxed; can boost your confidence and self-esteem

Energy levels - improves your energy levels and can give you an extra boost

Helps to prevent and control risk factors for disease:

Heart Disease - activity can lower blood pressure, increase your good cholesterol numbers, and lower your bad cholesterol numbers

Osteoporosis - increases bone density

Diabetes and Metabolic Syndrome - reduces risk of developing these conditions and can help to control blood glucose levels

Weight - can help prevent weight gain or maintain weight loss

Improves overall quality of life

For more helpful tips visit:
www.SparkPittsburgh.com