# Exercise for Life

## Introduction

The benefits of regular exercise cannot be overstated. Studies have shown that people who exercise regularly live longer, are healthier, and enjoy a better quality of life than those who do not exercise.

## Health Benefits

### Disease Prevention

#### Some Cancers

#### Osteoporosis

#### Obesity

### Reduce Symptoms of Existing Conditions

#### Diabetes

#### Osteoporosis

### 3. Better Mental Health

## Quality of Life

### Increased Energy

### Improved Sleep

## Getting Started

### Safety

### Instruction

#### Using a Personal Trainer

##### Certification

##### References

##### Compatibility

#### Doctor Supervision

#### Proper Equipment

#### Preparation

### Tips

## Conclusion

### Make it Fun!