Lose weight, gain strength: These are the usual benefits you expect to come from regular exercise. But did you know staying active has additional perks?

**Better sleep**
If you’re having trouble sleeping, you may not be getting enough activity during the day. Research shows that getting even 10 minutes of daily physical activity can help you sleep better and reduce your risk of developing a sleep disorder like sleep apnea.

**Brain booster**
Have you heard of “executive function”? That’s the name given to brain processes like planning, reasoning and problem-solving. Exercise may improve executive function, and it also may decrease your risk of developing a memory disorder as you age.

**Stress relief**
When you’re under a lot of stress, you might have an impulse to work out to feel better. That’s likely because exercise simultaneously slows the release of stress-related hormones and releases endorphins, chemicals that can improve your mood.

**Immunity boost**
Regular exercise can help your body fight infection, so it reduces your risk of common illnesses, such as the cold and flu. Exercise has even been shown to reduce the risk of more serious conditions, such as heart disease, diabetes and some cancers.

**Do You Know the Hidden Benefits of Exercise?**

Always speak with your doctor before starting a new exercise routine.

Sources: WebMD®, National Sleep Foundation, National Institutes of Health

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