



# HEALTH-FOR-ALL

## International Association

GET THE MOST OUT OF  
YOUR WORKOUTS BY  
EXERCISING WITH A  
PERSONAL TRAINER.



*May Kayama*



### HEALTH BENEFITS OF REGULAR EXERCISE

Exercise combats health conditions and diseases.  
Exercise boosts energy.  
Exercise controls weight.  
Exercise improves mood.

*“Exercise is about more than keeping in shape. It also can help with your mental and emotional health. In general, people who are fit have less anxiety, depression, and stress than people who are not active.”*

FEEL FREE TO CONTACT US FOR MORE INFORMATION!

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