

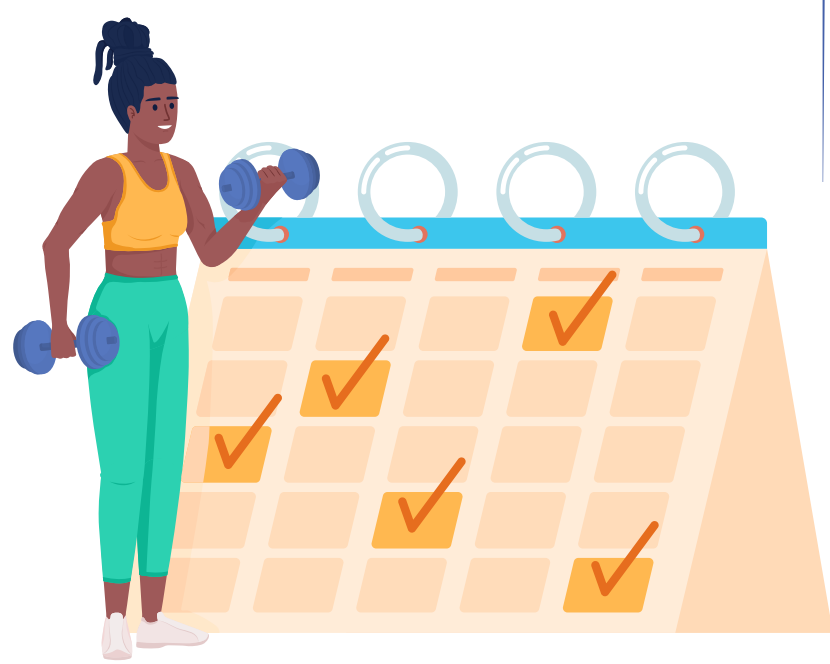
# Exercise

## Your Way to Greater Productivity

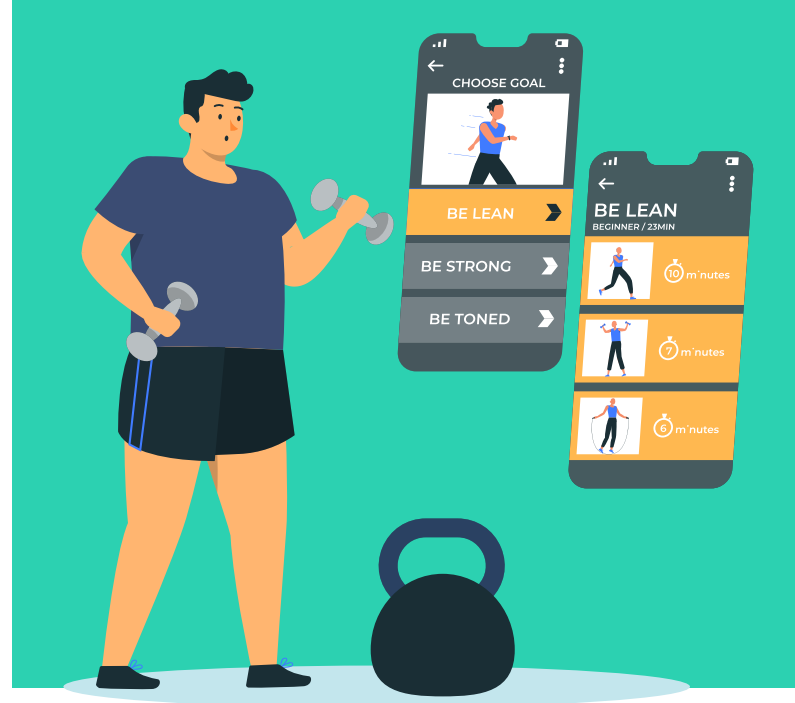
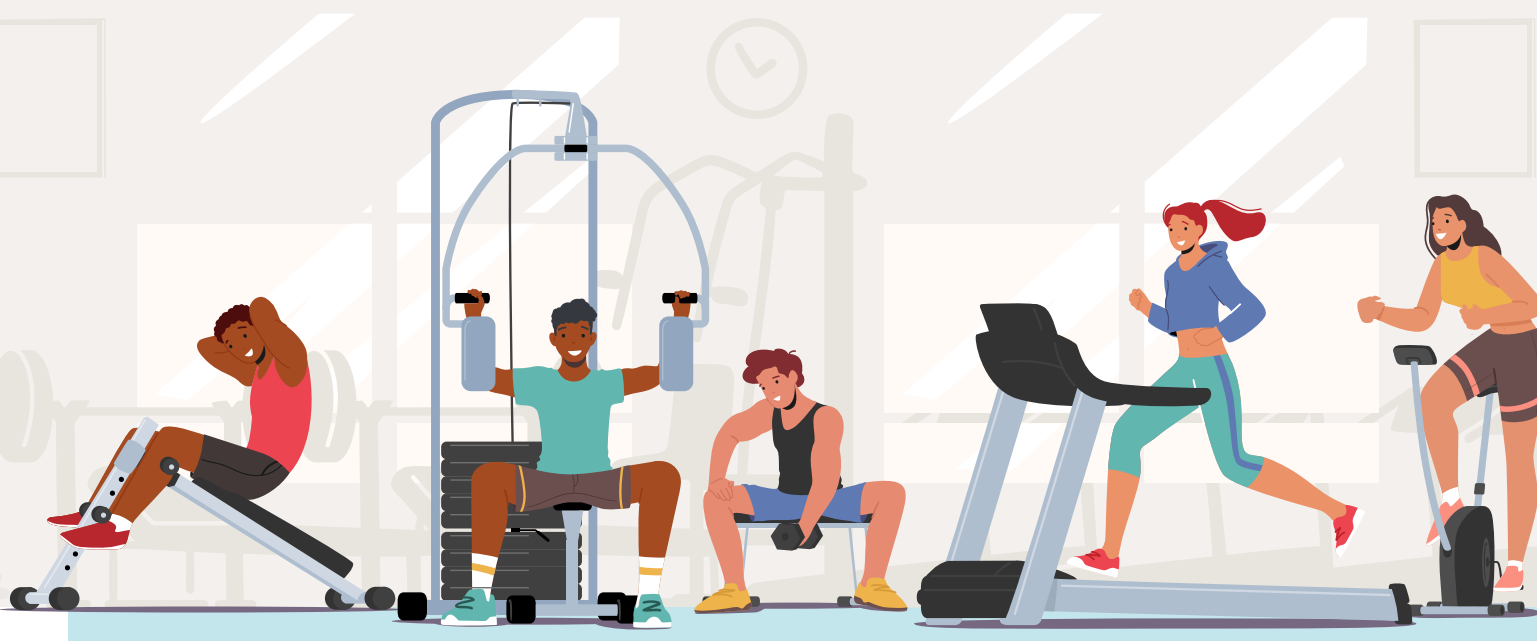


**Exercise triggers the release of endorphins, known as "feel-good" hormones, and enhances brain-derived neurotrophic factor (BDNF) production, which improves cognitive function and stress management**

Setting clear, achievable goals and creating a flexible exercise schedule that adapts to your lifestyle are vital strategies for maintaining good exercise habits



**Partnering with a friend or joining a fitness group can help maintain exercise habits by providing motivation and a sense of responsibility**



Varying your exercise routine and setting short-term milestones can help you stay motivated over the long term

Regular physical activity can protect against cognitive decline. Engaging in exercise throughout your life supports productivity and overall mental fitness

