



**American Council  
on Exercise**

**ACE-Certified Personal Trainer,  
Lifestyle & Weight Management  
Consultant - Ashley J. Thomas**

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### **Pros of exercise**

- Increases self-esteem
- Feeling of comfort in ones own body
- Improves appearance
- Increases mood, energy, and natural euphoria
- Stress reduction
- Increases health
- Increases immunity to fight disease
- Increases mobility
- Decreases risk of heart attacks, strokes, tumors, cancers, & thyroid malfunctions
- Lowers health care expenses (co-payments, medications, emergency room visits, etc.)
- Lowers clothing costs (fitting into clothes already purchased instead of buying the next size up)
- Increases metabolism
- Decreases fat to help detoxify the body (best way to detoxify)
- Strengthens cardiopulmonary system
- Strengthens skeletal muscles & bones decreasing the risk of osteoporosis
- Increases self-defense
- Increases chance of surviving an emergency or poor conditions (fit to survive)
- Rehabilitation of muscle & skeletal injures (exercise medicine)
- Longer, stronger life expectancy (Slows aging)

### **Cons of exercise**

Takes up time  
Soreness, pain, fatigue  
Financial expense

### **Ashley's Personal Training**

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