

# EXERCISE IS MORE IMPORTANT THAN EVER!

## ... AND ALL IT TAKES IS 30 MINUTES A DAY

Most Norwegians are either completely inactive or not active enough to get the full health benefit from physical exercise.

Adding just 30 minutes of moderate activity every day is all it takes to reap the many benefits of physical exercise.

As little as a weekly walk can help prevent depression....

4 minutes of physical activity can improve your attention span and ability to focus for an hour!

Source: <https://www.sats.no/magasin/trening/kom-i-gang-med-trening/fysisk-aktivitet-er-viktigere-enn-noen-gang>

## HOW TO GET STARTED

We have created several great exercise programs to help building a daily routine. Test the two most popular:

**Full body - beginner:** To get started and build a daily routine.

**Full body - advanced:** If you're already familiar with exercise programs but want to take your training to the next level!

Click on one of the boxes below to download the programs:.

**BEGINNER**

**ADVANCED**



# SATS