



# Proactive Health and It's Benefits

**Here are some reasons why prioritizing fitness is important:**

- **Stress Relief** - Exercise reduces cortisol levels (the body's stress hormone) while sweating releases endorphins that help your mind relax.
- **Improved Productivity** - The benefits of exercise aren't just physical. Regular exercise also enhances creativity, quicker learning, sharper memory, and concentration.
- **Heart Health** - Cardiovascular disease (CVD) is the leading cause of death for both men and women in the United States. Regular exercise promotes heart health by lowering bad cholesterol levels (LDL) and raising good cholesterol levels (HDL). Exercise helps strengthen the heart, allowing it to work harder and longer.
- **More Energy** - Exercise improves circulation and strengthens the heart muscle, offering an immediate energy boost, as well as your overall stamina.
- **Disease Prevention** - An active lifestyle significantly lowers the risk of heart disease, diabetes, asthma, chronic pains and arthritis, and certain types of cancer. An active life just might mean a longer, more enjoyable life.
- **Social Connections** - We provide an opportunity for colleagues to connect outside of a formal work environment, plus working out with your peers helps keep everyone accountable for clocking in those hours at the gym!

**Everett School District employees are eligible for a 10 percent discount on monthly dues for themselves and family (up to two adults, plus children)**

**The joining fees are also significantly reduced:  
\$100 for an individual, \$150 for a couple, \$200 for a Family**

Month-to-month, no extended contracts!

free weights, cardio and weight machines, pool, basketball, squash, steam room, dry sauna, hot tubs, group exercise classes, yoga, Zumba, cycling and more!

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