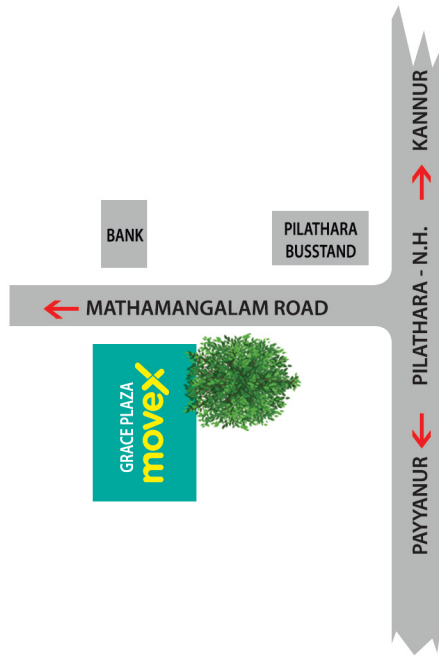




One and only ladies fitness center in pilathara



We are located....



For appointments and enquiry

**+91-9567014747**

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Operating hours

**Monday to Friday : 9.00am to 6.00pm**

**Saturday & Sunday : 9.00am to 1.00pm**



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'Move better with exercise'

WOMENS HEALTH



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**CENTER OF ADVANCED  
PHYSIOTHERAPY | FITNESS | WELLNESS**

ESTD : 2013

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## benefits of EXERCISE for WOMEN'S HEALTH

For most people, weight loss is the main motivator for getting into shape. But there are a lot of other benefits to exercising than just fitting into those skinny jeans. Believe it or not, regular physical activity can improve your sex life, decrease your cancer risk, make your skin glow and more. Whether you're already fit or looking for a little extra motivation, check out 10 additional reasons to get moving!

- Prevent heart diseases
- Reduces your dementia risk.
- Decreases your osteoporosis risk.
- Improves your sex life.
- Prevents muscle loss.
- Improves digestion.
- Reduces stress, depression and anxiety.
- Enhances mental performance and work productivity.
- Reduces cancer risk.
- Helps reduce stroke severity.
- Improves your skin.



## benefits of EXERCISES during PREGNANCY

Exercising is one of the best things a person can do for themselves and the baby and advantages extend beyond the term of pregnancy. For pregnant people, regular exercise has been linked with a wide range of health benefits including,

- Reduced morning stiffness.
- Improved sleep.
- Reduces stress and anxiety.
- Reduced fatigue.
- Easier child birth.
- Reduced risk of constipation and hemorrhoids.
- Reduced risk of gestational diabetes and pregnancy induced hypertension.
- Improved ability to manage weight gain and maintain a healthy weight during and after pregnancy.
- Reduce the chance of caesarian.

## benefits of EXERCISES after DELIVERY

- Reduce the risk of developing heart diseases, diabetes & cancer.
- Reduce high blood pressure, high cholesterol.
- Reduce body weight, depression, anxiety and improves psychological wellbeing.
- Builds and maintain healthy muscles, bones and joints.

## what is WOMENS HEALTH...?

Women have unique health issues. And some of the health issues that affect both men and women can affect women differently.

Unique issues include pregnancy, menopause, and conditions of the female organs. Women can have a healthy pregnancy by getting early and regular prenatal care. Women and men also have many of the same health problems. But these problems can affect women differently. For example,

- Women are more likely to die following a heart attack than men
- Women are more likely to show signs of depression and anxiety than men
- The effects of sexually transmitted diseases can be more serious in women
- Osteoarthritis affects more women than men
- Women are more likely to have urinary tract problems