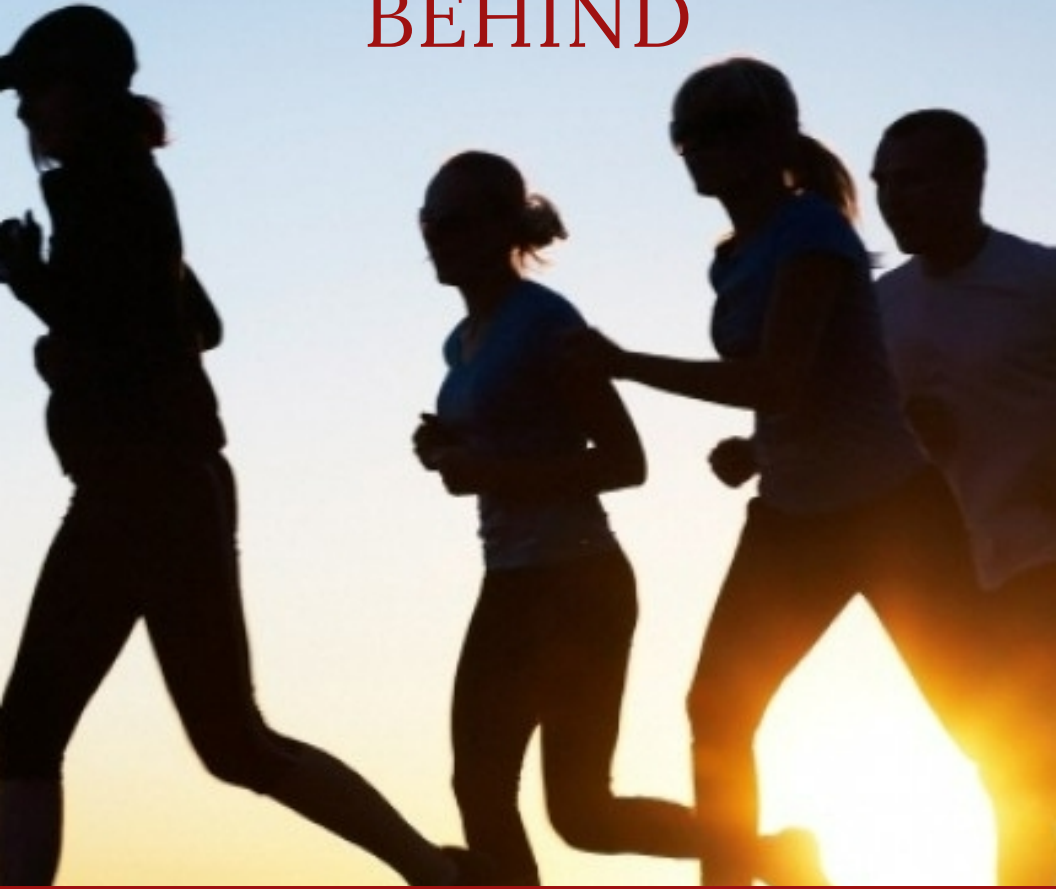


ASU EXERCISE GROUP

NO SUN DEVIL LEFT BEHIND



ASU ENDING LONELINESS AMONG
STUDENTS WITH AN EXERCISING
GROUP

Start to improving your mental health and physical health with a
peer workout



FIND YOUR SOCIAL SUPPORT

Study shows that working out in a group lowers stress levels and increases weight loss.

Students are overwhelmed working out alone and this is a factor to their lack of exercise.

This workout group program provided for ASU students is beneficial and is surely a recommendation