

LAUGH YOUR WAY TO HEALTH

A HEARTY LAUGH CAN GO A LONG WAY IN HELPING U FEEL GOOD. IT CAN HELP OTHERS FEEL GOOD TOO. WHATEVER IT IS THAT MAKES YOU LAUGH, MAKE TIME FOR IT. **IT'S GOOD FOR YOU, HONEST!** HERE'S WHAT LAUGHTER CAN DO FOR YOUR HEALTH:

GIVES YOUR HEART AND LUNGS A WORKOUT. IT WILL INCREASE YOUR HEART RATE AND EXPAND YOUR LUNGS.

HELPS YOU RELAX. THIS SENSE OF RELAXATION CAN LAST UP TO 45 MINUTES AFTER LAUGHING.

BOOSTS THE IMMUNE SYSTEM. LAUGHTER TRIGGERS CERTAIN CHEMICALS THAT HELP THE IMMUNE SYSTEM TO KICK IN. THESE CHEMICALS DECREASE WHEN YOU'RE UNDER STRESS

LAUGHTER CAN REDUCE PAIN BY STIMULATING ENDORPHINS, YOUR BODY'S NATURAL PAINKILLERS.

IMPROVES YOUR MOOD, TO LOOK AT A BRIGHTER SIDE.

GIVES YOU A FEELING OF CONTROL. JOKING ABOUT A PROBLEM IS ONE WAY TO RISE ABOVE IT.

MAKES YOU MORE CREATIVE. LAUGHING CAN HELP BOOST YOUR IMAGINATION & CREATIVITY.

REDUCES ANGER- HELP HIGH BLOOD PRESSURE - DEPRESSION.

HELPS CHRONIC BREATHING PROBLEMS AND EMPHYSEMA.

IT'S FREE, IT'S CONTAGIOUS, AND IT'S GOOD FOR YOU!