



HAPPYCITY ON HEALTH

HappyCity believes that good physical health is a dominant and important determinant of our happiness. Studies show that high well-being scores lead to healthier hearts, immune systems, and lengthens our lives.

LINKAGE TO GOOD HEALTH

- ✓ Lower heart rate and blood pressure
- ✓ Stronger immune system
- ✓ Lower levels of stress hormone cortisol
- ✓ Fewer aches and pains
- ✓ Improvement on long-term health conditions
- ✓ Life extending benefits

FITNESS EXERCISE

The Department of Health and Human Services recommends that as a general goal, aim for at least 30 minutes of moderate physical activity each day.

“HAPPINESS IS A POWERFUL TOOL FOR IMPROVING HEALTH”

- DR. VIVEK MURTHY, U.S. Surgeon General



HAPPYCITY ON HEALTH

HappyCity believes that good physical health is a dominant and important determinant of our happiness. Studies show that high well-being scores lead to healthier hearts, immune systems, and lengthens our lives.

LINKAGE TO GOOD HEALTH

- ✓ Lower heart rate and blood pressure
- ✓ Stronger immune system
- ✓ Lower levels of stress hormone cortisol
- ✓ Fewer aches and pains
- ✓ Improvement on long-term health conditions
- ✓ Life extending benefits

FITNESS EXERCISE

The Department of Health and Human Services recommends that as a general goal, aim for at least 30 minutes of moderate physical activity each day.

“HAPPINESS IS A POWERFUL TOOL FOR IMPROVING HEALTH”

- DR. VIVEK MURTHY, U.S. Surgeon General