

Health benefits of laughter



The science: **Laughing...**

- ☺ fights depression and worry.¹
- ☺ lowers stress.²
- ☺ burns calories.¹
- ☺ makes your heart stronger.¹
- ☺ exercises your body organs.¹
- ☺ takes more oxygen into your body.¹
- ☺ boosts your immune system.¹
- ☺ reduces pain and speeds healing.²
- ☺ gives you more energy.³
- ☺ gives your face a happy, healthy glow.³

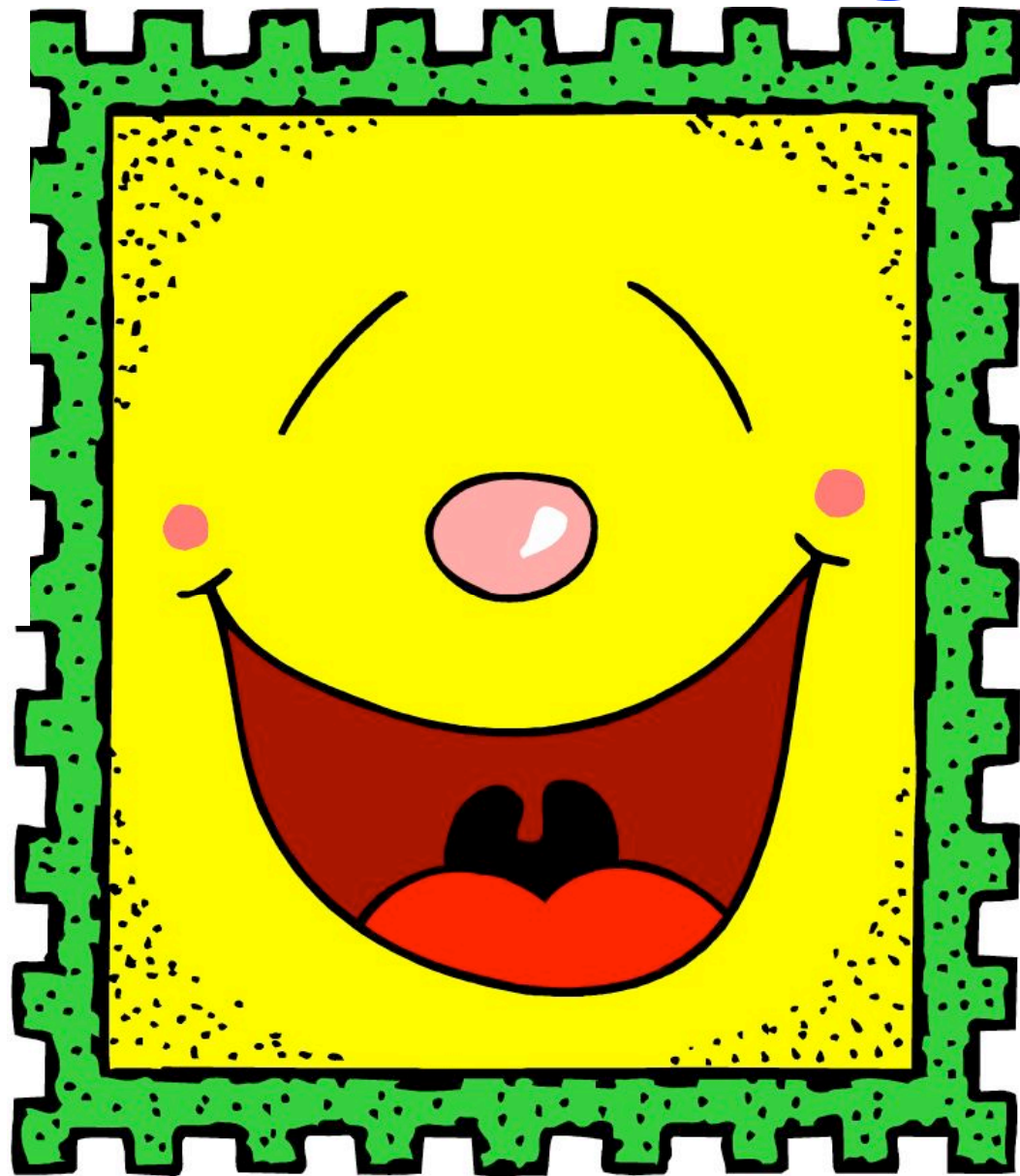
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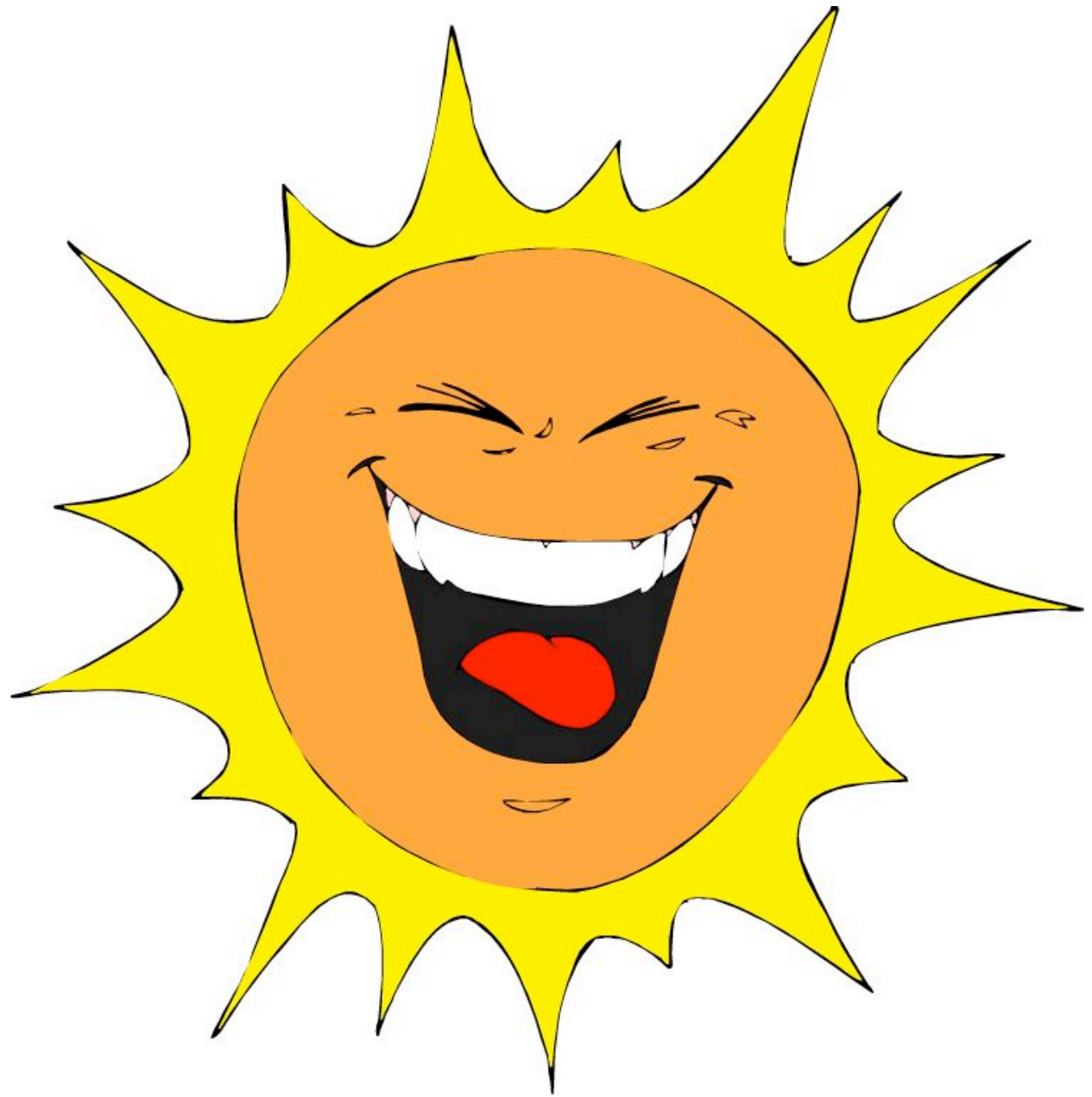
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