

eSu Marketplace Raises Awareness for National Physical Fitness and Sports Month

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For decades Americans have celebrated the country's competitive spirit through sports and physical fitness. This has been very crucial in extending the chance of a long and healthy life in the country's people.

eSu Marketplace is bringing awareness and supporting the President?s Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. The company says their challenge to all adults is to get up and to move for at least 30 minutes of physical activity every day during the month of May 2016, hopefully becoming a habit to create a healthy lifestyle.

It has been stated that regular physical activity increases a person's chances of living a longer, healthier life. It also reduces the risk for high blood pressure, heart disease, and some types of cancer. The company states that as people participate in physical activity to maintain their health and well-being, they should also encourage their children to be more involved in physical activity for at least 1 hour each day.

The Physical Activity Guidelines for Americans recommend that adults "Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming,

and raking leaves. Do muscle-strengthening activities ? like lifting weights or using exercise bands ? at least 2 days a week. Physical activity is for everyone. No matter what shape they are in, there are activities that work for everyone. Together, we can rise to the challenge and get more active during the month of May."

eSu Marketplace has announced a promotion for this month of May to help motivate and inspire people to take on this challenge to get at least 30 minutes of physical activity each day. This promotion will allow anyone to get their hands on a free fitness smartband.

"We know that people are becoming more interested in fitness and in healthier lifestyles," says Adrian YH from eSu Marketplace. "We had asked a number of people about National Physical Fitness and Sports Month in May. And not one person knew about it, so to at least bring awareness we are having a promotion and giving away these TW64 Fitness Smartbands while quantities last. All that we ask is to pay for the shipping. And we also encourage people to like us on Facebook. This will ensure they remain up to date with any new promotions."

About eSu Marketplace

eSu Marketplace currently offers an elegant collection of jewelry online at www.eSuMarketplace.com. Please use the contact details below for further information about the promotion or eSu Marketplace itself.
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For more information about eSu Marketplace, contact the company here:eSu MarketplaceAdrian YHcustomercare@esumarketplace.com9450 SW Gemini Dr #37337Beaverton, OR 97008-7105

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