

# Healthy lifestyle



**ASSIGN  
BUSTER**

Allison knows that exercise is good for her health, but she figures that she can keep her weight down by dieting, and worry about her heart and health when she gets older. " I look good. I feel OK. Why should I bother exercising?" she asks. What would you reply about the importance of exercise?

The concerns of health wellness is important for each individual because it relates to their physical comfort, character, personality , growth , and their well-being. Every individual engages in these physical activities at the interest of pursuing a healthy lifestyle with activeness towards daily life activities with endurance, flexibility, and strength, and a toned-down body proportional weight based on height ratio .

Some people debate that they can control their physical well-being through other resorts such as dieting , using medical measures , or simply being contented with their current build Considering the inquiry presented in the question mentioned before , it appear that Allison does not realize the other benefits acquired through exercise activities . Performing exercises can significantly benefit the performance of the individual.

Contrary to the common view , exercise does not only help through the body in controlling weight, maintaining muscle tone , and aiding the body characteristics . You can also gain other benefits from exercise activities related to the emotional condition of the individual involved . Researches have linked exercise towards mental capacity wherein people who regularly engage in such activities developed longer and more efficient mental capacity relative to concentration , memory , and endurance.

During exercise , the human brain releases hormones called dopamine that gives off pleasant emotion . With this people who regularly exercise have found to have positive character, and a pleasant temper. Exercise is beneficial to the human body in numerous ways directly related to the physical , emotional , and mental well-being of each individual . Exercise activity can range from moderate stretching to endurance jogging until rigorous weight lifting depending mainly on the desire and interest of the person involved.

However light exercises are also proven to possess the same benefits mentioned before. Even 30 minutes of stretching everyday is already beneficial for proper health maintenance in achieving the desired benefits mentioned before. For greater concern of weight reduction and toning, additional efforts must be exerted such as endurance training and weight lifting for the realization of greater interest.

Considering the question mentioned before, other benefit can also be realized in regular exercise activity other than the interest of weight reduction. Also, investing a small time and effort on a regular basis during the early period in the life can be more beneficial than just enacting on the older period when the person is already susceptible to health problem. Exercise is also related to physical fitness in other ways from controlling weight and body toning .

Having a regular exercise routine can help the prevention of certain diseases detrimental to the well-being of each person such as diabetes , heart problems , some cancer , and common ailments . Proper exercise can

significantly increase a person ' s health defenses and immunity to common problems with its direct attributes to the blood condition and circulation . In addition physical exercises result to sweating thus , aiding the excretion attributes of the human body .

Through the motion involve in the exercise activity , the waste components , toxins , and cholesterol in the human body and circulate it through the blood for excretion . In addition , the sweating involved in the exercise activity is an effective way for taking out the waste and toxins inside the human body . Indeed incorporating a regular exercise routine in the lifestyle can significantly benefit the person in the long-term. Proper exercise can significantly increase a person's health defenses and immunity to common problems with its direct attributes o the blood condition and circulation. In addition, physical exercises result to sweating thus, aiding the excretion attributes of the human body. Through the motion involve in the exercise activity, the waste components, toxins, and cholesterol in the human body and circulate it through the blood for excretion. In addition, the sweating involved in the exercise activity is an effective way for taking out the waste and toxins inside the human body.