Benefits of exercise

Benefits of Exercise Research has confirmed that any amount of exercise, at any age, is beneficial. And, in general, the more you do, the greater the benefits. The National Academy of Sciences has recommended that everyone strive for a total of an hour per day of physical activity. Benefits of exercising are for you to take, regardless of your age, sex or physical ability. There are so many benefits of exercising, which will be explained in this passage. Exercise controls weight Researches have proven that exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Exercise prevents health conditions and diseases Regular exercise keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis, heart conditions, high blood pressure and falls. Exercise improves mood A workout at the gym or a brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise boosts energy Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy Exercise promotes better sleep Regular physical activity can help you fall

asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep. Exercising is a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns. (Done by Pang Jia Wei, 2 Compassion)