

Importance of exercise

[Health & Medicine](#), [Obesity](#)



Importance of Exercise Most of us know by now that we should be exercising on a regular basis. But do you really know why exercise is so important? Not only does working out help you shed a few pounds, but there are also many other compelling reasons to include some regular activity in your routine. To begin with, Exercise has many benefits that will help people live longer, healthier, and happier lives. Not only is exercise healthful, it also has an effect on our overall appearance and body composition, which can directly influence self-esteem, self-worth, and level of confidence. It reduces depression and instantly lifts mood due to the production of endorphins, the feel-good hormones. No matter how down you are feeling before you exercise, you will definitely feel a lot more upbeat by the end of your session. The reason I chose exercise as my topic is because I think it plays a very big role in our lives. If you take care of your body, your body is going to take care of you. I feel that everybody should have some sort of exercise in their life, it's not only good for you but it can have positive effects internally and externally. Next, I am all for exercising and playing sports. Exercise improves focus and mental clarity. Research has shown that those who participate in regular exercise have less chance of suffering from Alzheimer's and senility. It promotes better energy levels. It may sound unlikely, but the more you exercise, the more energy you will have. Improved strength and stamina are common with regular exercise. Those bothersome chores will feel much easier, and you will be able to do more for longer. Exercise increases muscle tone, leaving you looking more defined. The extra muscle mass will also help to increase your resting metabolism. It can improve self-esteem and self-confidence. Once you start toning up, you will look better

and feel better. The extra energy, stamina, and endorphins will spill over into other areas of your life. You will feel more in control of yourself and your life. Thirty minutes every day is ideal. If 30 minutes is too big a call, try to break it up into smaller intervals. Go for a walk at lunchtime, or use the stairs at the office instead of the elevator. Use your car less and make an effort to ride a bike or walk. It all adds up. Types of beneficial exercise include brisk walking, jogging, running, swimming, tennis, skating and rollerblading, skiing, yard work, walking the dog, dancing, resistance work, fitness classes, sports, cycling, jump rope, and just running around and playing with the kids. Try to find activities that you are good at and enjoy. If you have fun while you are working out, you will want to keep going, and your sense of well-being will be heightened. If you don't enjoy your workout, swap to something else. Once you have incorporated a regular workout into your daily routine, you will quickly notice the difference when you skip a session. Having less energy and feeling more stressed and anxious are some of the most obvious symptoms that quickly return. Once you have started exercising regularly, you will wonder how you ever managed without it. Your body and health will reward you as well. Last, Aerobic activity will improve both the health and efficiency of your heart and lungs. The improved circulation results in a good complexion and improved transportation of oxygen around the body. With regular exercise, there is a decreased risk of developing Type 2 diabetes. Exercise increases bone strength, helping to alleviate the painful condition known as osteoporosis (loss of calcium in bones). Regular exercise also promotes a healthy immune system. Exercise can improve balance and coordination, as well as cardiovascular fitness, helping reduce the risk of

stroke and heart attack. Exercise also helps you sleep better. The actual physical activity will ensure that your body and mind are ready for a great night's sleep. Another benefit is decreasing stress levels. Worries tend to diminish in size while you are concentrating on working out. Combined with the production of endorphins, stress and anxiety will decrease. References

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- 3.) Exercise Physiology: Nutrition, Energy, and Human Performance By William D. McArdle, Frank I. Katch, Victor L. Katch - Wolters Kluwer Health/Lippincott Williams & Wilkins