

Exercise reduces stress essay sample

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Exercise is one of the factors that reduces stress. When people feel stressed, especially about school, they try to exercise by doing sports or activities. Some activities that are a good exercise are jogging, biking, or stretching. Sports such as soccer, tennis, basketball, and others are very good workouts. Such sports and activities guarantee that if people practice them, they will feel less stressed and will be in a good mood. People who exercise report that they feel better afterwards and their mood improve dramatically.

One of the reasons exercise helps people feel less stress in their lives is because of the positive impact exercise has on their bodies. Exercise makes people forget their daily worries and helps their brain function better. “ You know that exercise does your body good, but you’re too busy and stressed to fit it into your routine” (Mayo Clinic). People are too stressed sometimes to think that exercise will help them. They are too worried about their every-day lives to think about ways to reduce the stress they have every day. When they really start doing physical exercise, they realize it helps them and they change their mind and find out that they were wrong.

Another positive and helpful factor of working out is how relieved and relaxed people feel after working out. People can experience one of the best feelings or relief when they exercise and depending on what effort they put into it. “ Physical activity helps to bump up the production of your brain’s feel-good neurotransmitters, called endorphins.” (Mayo Clinic). This is considered a high tension feeling that is experienced by playing sports. This feeling can be achieved by playing a tennis game or going on a hike in the mountains. (Add one-two more sentences explaining the quote and why it’s

important to your paragraph, where the main idea is how people feel after working out.)

Any exercise that is done correctly will pay off and it will come with a lot of benefits. Many people claim they feel much better on a day when they work out compared to a day when they do no physical activity, and there is research done to prove it. “ Research shows that eliciting the exercise response for as little as 10 to 20 minutes a day pays off in a numerous ways. It melts away headaches, helps you sleep better, and lowers blood pressure”(Harvard Men’s Health Watch, 5). These are great things that can benefit anybody if they decide to exercise. This is also good because the medication should not be taken anymore because exercise will eliminate the headaches, blood pressure and it will give people better sleep. (Expand this paragraph; explain the quote more and why exercise is so important besides getting rid of headaches.)

It is not necessary to play sports in order to consider exercise. Stretching is also an exercise which is needed for everyone. There are many types of stretching exercises especially for every part of the body that needs to be improved. “ Lie on your back with your knees bent and feet on the floor. Raise your pelvis straight up toward the ceiling (not rolling up). Repeat 3 sets of 10.” (Lauren, 44). This is an example of an exercise that stretches the legs and the trunk body part. The body feels in a good shape after this type of exercise. The stress symptoms will be minimized because the body feels stronger and is able to fight negative effects on the body.

Exercise is one of the best cures for stress. It has high chances to sweep away the stress. There are many ways exercise but the most helpful are to play sports, stretch, and anything that gets the muscles moving. The most stressful situations that can be improved by exercise are headaches, other health problems, boost of self-confidence, and improve brain function. Exercise is the key to do it.

Works Cited:

KAY, LAUREN. "Knee Deep." *Dance Magazine* 87. 1 (2013): 44. Academic Search Complete. Web. 8 Feb. 2013. "Breathe Away Stress In 8 Steps." *Harvard Men's Health Watch* 17. 4 (2012): 5. Academic Search Complete. Web. 8 Feb. 2013. Staff, Mayo Clinic. "Exercise and Stress: Get Moving to Manage Stress." Mayo Clinic. Mayo Foundation for Medical Education and Research, 21 July 2012. Web. 08 Feb. 2013.