

Why Do People Exercise

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Introduction

Physical exercise is any activity that involves movement of either part or the whole the body. It has been encouraged by doctors and health experts the world over. Physical exercise can range from a thorough workout at the gym to simple activities like walking up staircases, brisk walking, running, jogging or rope skipping. Health experts maintain that physical exercise must be included in one's life for them to have a truly healthy body. A wide range of reasons has been given for the need for exercise. This paper is aimed at discussing some of the reasons why people exercise.

Discussion

Exercise can improve your mood. After a long tiring day, some simple exercise like a jog or a walk can calm you down and get some pressure off your body (Rot, Collins, Fitterling , 2009). This leaves you feeling refreshed and revitalized. When you exercise, some chemicals stimulated in your brain make you feel happier and relaxed. Chances of depression are greatly reduced leading to a more healthy and vibrant life.

Some chronic diseases are known to be prevented or are better managed with some good and regular physical exercise (Hage, Mattsson, Stähle, 2003). Heart disease, obesity, and hypertension are just but a few to mention. Exercise helps the blood flow with more energy and helps burn harmful fats that can lead to artery thickening. This could lead to hypertension and heart disease. Exercise is also believed to reduce the risk of breast cancer by up to 60%. Body exercise reduces the level of Estradiol and progesterone hormones which are associated with breast cancer development. Breast cancer patients and women in general are encouraged to exercise often so they can reduce their chances of developing breast cancer. Bodybuilding has even been used and encouraged as a way of fighting breast cancer.

Exercise can also be a natural, cost free and effective means of controlling body weight. As you exercise, you burn calories. This is particularly great because simple exercises like walking up the stairs or taking a brisk walk will normally be enough.

Why Should People Exercise Essay

Russell B. Goodman



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Complete First for Schools Student's Book with Answers with CD-ROM Guy Brook-Hart, Helen Tiliouine, 2014-03-06 Complete First for Schools is official preparation for the revised 2015 Cambridge English First FCE for Schools exam This Student's Book combines the very best in contemporary classroom practice with engaging topics aimed at younger students The information practice and advice contained in the course ensure that they are fully prepared for all parts of the test with strategies and skills to maximise their score Informed by Cambridge's unique searchable database of real exam candidates answers the Cambridge English Corpus Complete First for Schools includes examples and exercises which tackle common problem areas at this level The CD ROM contains grammar and vocabulary exercises for motivating flexible study Class Audio CDs available separately contain the recordings for listening exercises

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