



Why is exercise Important?

Have you ever heard the impression "use it or lose it"? Well it is true if you don't use your body, you will surely lose it. Your muscles will become flabby and weak. Your heart and lungs won't function efficiently, and your joints will be stiff and easily injured. Inactivity is as much of a health risk as smoking. It also helps prevent diseases, our bodies were meant to move they actually crave exercise; regular exercise is necessary for physical fitness and good health. It reduces the risk of heart disease, cancer, high blood pressure, diabetes and many other diseases. It also can improve your appearance and delay the aging process.

It helps improve stamina, because when you exercise, your body uses energy to keep going. Aerobic exercise involves continuous and rhythmic physical motion, such as walking and bicycling. It improves your stamina by training your body to become more efficient and use less energy for the same amount of work, as your conditioning level improves your heart rate and breathing rate return to resting levels much sooner from strenuous activity. Exercise is also a key to weight control because it burns calories. If you burn off more calories than you take in, you lose weight. It is as simple as that.

Once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improving the quality of your life. Exercise reduces stress, lifts moods, and helps you sleep better. It can keep you looking and feeling younger throughout your entire life. How often should you exercise? The benefits of any exercise program will diminish if it is disrupted too frequently. A "stop-start" routine is not only ineffective, but can cause injuries. Being consistent with exercise, therefore, is probably the most important factor in achieving desired results.

Why Exercise Is Important Essay

Yi-Tong Ma



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Feminism is a selection of the shorter writings of Sabina Lovibond one of the most distinctive voices in contemporary philosophy since the 1980s This work lays claim to a broad thematic unity based on its affiliation to the realist or rationalist traditions in moral philosophy Some of the essays seek to clarify the relation of feminism to these traditions and to current anti rationalist tendencies especially important here are the status and prospects of normativity autonomy purposive action and other conceptual resources for critical thinking which were called into question over roughly the last third of the twentieth century not least by feminist writers heedful of continental European developments All of the essays are concerned with fundamental ethical questions including but not restricted to questions of feminist ethics such as the nature of value and the good life moral requirements and their associated epistemology character formation and the ideological critique of the processes by which this is effected The essays deploy ideas drawn both from Platonic Aristotelian and from Kantian ethics as well as from the later philosophy of Wittgenstein However they also attempt to respond to the destabilizing impact of Nietzschean and postmodernist thought The writing is addressed to those engaged in or with some interest in academic philosophy and draws on a wide range of philosophical source materials but avoids unnecessary technicality In the same way it should appeal to those with a pre existing interest in academic feminism and in some forms of feminist activism but could also serve to draw new readers into the domain of feminist thought

Cambridge Global English Stage 7 Workbook Chris Barker, Libby Mitchell, 2014-05-22 Cambridge Global English Stages 7 9 follow the Cambridge Lower Secondary English as a Second Language ESL Curriculum Framework Workbook 7 is organised into eighteen thematic units of study based on the Cambridge International English Scheme of Work for Stage 7 The units are carefully structured to reinforce the language learning of the Coursebook at the same time as extending students knowledge via a range of exercise types CEFR Level low B1

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