



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.

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