

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

Anthony S. Fauci



Why Should People Exercise Essay:

Decoding **Why Should People Exercise Essay**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Why Should People Exercise Essay**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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