

Health Benefits of Exercise

1. **Helps lose and control Weight:** Regular exercise helps to reach and maintain a healthy weight. If you take in more calories than needed in a day, exercise offsets a caloric overload and controls body weight. Exercise speeds the rate of energy use, resulting in increased metabolism. When metabolism increases through exercise, you will maintain the faster calorie burn rate for longer periods of a day.
2. **Reduce the risk of heart disease:** *Number 1 killer in America!* Regular exercise makes your heart, like any other muscle, stronger. A stronger heart can pump more blood with less effort. Exercise reduces other risk factors for heart disease: Cholesterol, blood pressure, weight.
3. **Cholesterol lowering effect:** Exercise can influence blood cholesterol levels by decreasing LDL (bad) cholesterol, triglycerides and total cholesterol and increases HDL (good) cholesterol.
4. **Reduce risk of stroke:** Research data indicates that moderate and high levels of physical activity may reduce the risk of total, ischemic, and hemorrhagic strokes.
5. **Helps lower Blood pressure:** Exercise can help prevent someone from developing high blood pressure as well as help lower blood pressure in someone with diagnosis of high blood pressure.
6. **Prevent and Control Diabetes:** Moderate physical activity combined with weight loss and balanced diet can reduce risk of developing diabetes by 50-60%.
7. **Helps build and maintain healthy bones, muscles, and joints:** Active lifestyle benefits bone density. Regular weight bearing exercise promotes bone formation, delays bone loss and protects against osteoporosis. Health studies repeatedly show that strength training increases muscle strength and mass and decreases fat tissue.
8. **Reduces risk of developing certain types of cancer:** Colon, Esophagus, breast, Uterine, Kidney, Pancreas, thyroid, gallbladder, and possibly other cancer types.
9. **Reduce risk of dying prematurely:** Studies show people who are physically active live longer.
10. **Boost Energy.**
11. **Helps manage Stress and releases tension.**
12. **Improves Sleep:** If you suffer from poor sleep, daily exercise can make the difference.
13. **Helps with Depression and Anxiety:** Exercise is a strong antidepressant. Study after study has shown that exercise promotes mental health and reduces symptoms of depression. The antidepressant effect of regular exercise is comparable to the potent antidepressants like Zoloft. It may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve symptoms of depression.
14. **Improve brain function and memory.**
15. **Improved Sexual function and better sex life.**