WHY IS IT IMPORTANT TO EXERCISE ?

1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

2. Exercise combats health conditions and diseases

Regular exercise helps prevent or manage many health problems and concerns, including: Stroke,Metabolic syndrome,High blood pressure,Type 2diabetes,Depression,

Anxiety,Many types of cancer,Arthritis,Falls

 It can also help improve cognitive function and helps lower the risk of death from all

causes.

3. Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

4. Exercise boosts energy

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep