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Research shows that incorporating physical exercise into your daily routine has both physical and emotional benefits. These benefits include; lower stress, improved mental health and lowered health risks. Exercise is an activity that everyone should participate in; there are many different types of exercises that can help engage any type of person based on their preferences. Physical activity is movement of the body that uses energy, some of the most common physical activities include; walking, cycling, swimming, sports, etc. Throughout our daily lives we often face stressful situations, when I am stressed exercising helps me to get less stress and to help my body stay healthy.

Stress is an issue that everyone faces; stress is caused when your body is put in an unfamiliar situation and it results in a fight or flight reaction. Stress can be caused by a lot of things; work, school, family, being put in a stressful situation etc. In an article written by the Mayo Clinic, it explains the importance of exercise and how any type of exercise can be beneficial; whether it be walking or playing sports. “Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever” (Mayo Clinic). While performing an exercise your body produces endorphins; a “feel good” hormone which is produced by the brain and nervous system. While exercising, it helps produce better blood flow to your body and brain. This helps your brain function properly and increases the likelihood of your memory and creativity. (Marin Bosch, Blanca). Through evidence it shows the importance of keeping your body at low stress levels and maintaining homeostasis so that your body does not go into overdrive and hurt your health.

Psychologists all over the world have done research on what mental health is and what affects people's mental health. In an article written by the Central Disease Center, explains what mental health is, why our mental health is important. Mental health includes our emotional, psychological and social wellbeing, if we do not take care of our mental health, we could form a mental illness. “Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder or schizophrenia” (CDC). Our mental health affects how we feel, act and how we relate to things such as stress and everyday factors. Mental illnesses can affect our bodies and put our bodies at a health risk and cause long term diseases such a s heart disease. In a study that was performed by the Mayo Clinic shows significant evidence that shows people who incorporate exercise in their daily lives lowers their stress levels and helps them to relieve stress through exercise.

Exercise is also important to lower our health risks that our body endurs. Throughout our society, the convenience of fast food and processed food puts our body at a higher health risk. In the United States we have the highest levels of diabetes and worrisome levels of heart disease. Although the convenience is nice, it is important to put our health first and to be aware of what we consume in our bodies. In a study done by the CDC it shows how exercise can help lower heart disease and essentially help decrease your risk of health issues.

Growing up exercise was incorporated a lot into my life, I played two sports growing up, soccer and basketball. When I was 13 I tore my ACL and in effect I had to quit playing both soccer and basketball, this caused a huge stress in my life during that time I had to have surgery and I also had to quit the two sports that I love. After a while I decided to start going to the gym and working out consistently, while working out I realized that my body no longer felt as stressed as I once had. Working out and doing exercise also helped me not only physically but emotionally as well; I felt a stress relief, my body felt stronger compared to what it was prior and I felt more confident compared to how I was before working out. It's important to be able to take care of your health and to put both your mental and physical health first.

Exercise is an important thing to include in your life, that is as easy as taking your dog on a walk. Throughout this research paper it shows the importance of both your mental and physical health and how including exercise helps to maintain good health. Lower stress levels and lower health risks help you to have better mental health and to be able to handle stress better. Inviting a friend or family member also helps to motivate you to keep with the journey and to be able to be more consistent with your health goals.

GPT-improved sample

Regular exercise has been proven to have numerous physical and emotional benefits. Incorporating exercise into one's daily routine can lead to reduced stress levels, improved mental health, and decreased health risks. There are many different types of exercises that can be personalized to an individual's preferences, making it an activity that everyone can enjoy.

Stress is a common issue that affects individuals in their daily lives. Stress can be caused by work, school, family, or other factors. Exercise has been shown to act as a stress reliever by producing endorphins, which are "feel good" hormones that improve blood flow to the body and brain. This helps the brain function properly and can improve memory and creativity. Maintaining low stress levels and homeostasis is important for overall health, as high levels of stress can lead to long-term diseases such as heart disease.

Mental health is another important aspect of overall health. Mental illnesses can affect a person's thinking, feeling, mood, or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Exercise has been shown to improve mental health and decrease the risk of mental illness. Regular exercise has been found to lower stress levels, which can help individuals better manage everyday factors that affect their mental health.

Exercise is also important for reducing health risks. The convenience of fast food and processed foods in our society puts individuals at a higher risk for diseases such as diabetes and heart disease. Regular exercise has been shown to help lower the risk of these diseases and improve overall health. It is important to prioritize health and be aware of what we consume in our bodies.

Personal experiences also highlight the benefits of regular exercise. Playing sports or working out consistently can lead to a sense of stress relief, improved physical strength, and increased confidence. Inviting friends or family to exercise together can also provide motivation and consistency in reaching health goals.

In conclusion, regular exercise has numerous physical and emotional benefits that are important for overall health. Incorporating exercise into one's daily routine can lead to reduced stress levels, improved mental health, and decreased health risks. It is important to prioritize health and be aware of what we consume in our bodies. Personal experiences also highlight the benefits of regular exercise, and inviting friends or family to exercise together can provide motivation and consistency in reaching health goals.