Source: https://www.cram.com/essay/The-Positive-Effects-Of-Exercise-And-Happiness/FKWKT5AZ7MWW

Exercise “True enjoyment comes from activity of the mind and exercise of the body; the two are ever united” (Wilhelm Von Humboldt). With this being said it shows that happiness is linked to exercise. When the mind and body are exercised this causes for a person to be happy. Furthermore, exercise helps create a positive balance in everyday stressors causing a person to be happy. Regular exercise causes happiness because it improves mental, social, and physical health. Exercise causes an influence on one’s mental status which leads to happiness. First, one element exercise can help with is less stress. “Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. Exercise also has some lifestyle benefits.

First, exercise can improve relationships with friends and family. By improving one’s emotional outlook, their relationships would improve. For example, in the documentary Happy we meet a surfer which he explains how exercising through surf is very gratifying to be able to surf with his children which brings him great happiness (Happy). Second, exercise can boost confidence which can lead to a positive mood. “On exercise days, people’s mood significantly improved after exercising. Mood stayed about the same on days they didn’t, with the exception of people’s sense of calm which deteriorated” (Daily Mail Reporter). Third, having a good night’s rest can affect one’s mood during the day either positively or negatively. “Twenty or 30 minutes of aerobic exercise is sufficient to keep the body temperature at this higher level for a period of four to five hours, after which it drops lower than if you hadn 't exercised. This lower body temperature is what helps you sleep better” (Wooten D. Virgil). Hence, exercise can help with one 's emotional outlook leading to one to be happy. On the other hand, exercise plays a big part in one 's health.

First, when one’s immune system is strong one is less likely to get sick. Which causes one to do the things they love leading to a happier person. “Exercise can help by flushing out bacteria from the lungs and may also flush out carcinogens by increasing the activity of your lymphatic system, which drains waste from your body” (Weir, Kirsten). Also, when one exercises more oxygen is released into the bloodstream causing one to have more energy to do the things they love. “Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently” (Mayo staff clinic). Third, exercise can cause one to slow the effects of aging boosting one’s self-esteem causing them to feel happy about them self. "Exercise puts your body in a state of arousal, which translates into more vitality and a greater sense of well being" (Crain, Esther). In conclusion exercise causes one to feel great inside and out leading to a very happy positive lifestyle.

GPT-improved sample

Exercise is not just about maintaining physical fitness but also about improving mental and social well-being. Regular exercise can help individuals achieve a balance in their daily lives and promote happiness. According to Wilhelm Von Humboldt, "True enjoyment comes from activity of the mind and exercise of the body; the two are ever united". This statement implies that happiness is linked to exercise, as both the mind and body need to be exercised for one to feel happy.

Exercise has several benefits that lead to improved mental, social, and physical health. One of the significant mental benefits of exercise is stress reduction. Exercise helps to increase a person's sense of well-being, which in turn improves their emotional outlook. By reducing stress levels, exercise can also help to improve relationships with friends and family. For instance, the documentary Happy showcases how a surfer's exercise through surfing with his children brings him immense happiness. Exercise can also boost confidence, leading to a positive mood. On exercise days, people's mood significantly improved after exercising, as reported by Daily Mail Reporter. Moreover, a good night's rest can affect one's mood positively, and exercise helps in achieving this.

Exercise is crucial for one's physical health as well. Regular exercise can help to strengthen the immune system, reducing the likelihood of getting sick. Furthermore, exercise can flush out bacteria from the lungs and carcinogens by increasing the activity of the lymphatic system, as mentioned by Kirsten Weir. Exercise also delivers oxygen and nutrients to the tissues, allowing the cardiovascular system to work more efficiently, leading to increased energy levels. Regular exercise can help slow down the effects of aging, boost self-esteem, and make one feel more vibrant and healthy, according to Esther Crain.

In conclusion, regular exercise is crucial for achieving overall well-being, leading to a happier and more positive lifestyle. Exercise provides benefits for the mind, body, and soul, including reduced stress, improved relationships, increased confidence, and better physical health. By incorporating regular exercise into their daily routine, individuals can lead a happier and more fulfilling life.