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BENEFITS OF EXERCISES

Regular exercise has been shown to help boost energy levels and enhance your mood. It may also be associated with many other powerful health benefits, including a reduced risk of chronic disease.



Control your weight

Exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, the calories you eat and drink must equal the energy you burn. To lose weight, you must use more calories than you eat and drink.

Reduce risk of heart diseases

Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high_cholesterol_coronary_artery disease, and heart attack.



Improving mental health

During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal with stress and reduce your risk of depression.

Improve your sleep

Exercise can help you to fall asleep faster and stay asleep longer. Sleep is a powerful force that dispenses a multitude of life-changing benefits – from making us more productive, to prolonging our lives.



Strengthen your bones and muscles.

Regular exercise can help kids and teens build strong bones. Later in life, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.