# "The Benefits of Regular Exercise"

## "Introduction":

*"Health benefits", "exercise routines" Literature Review:* In 2010 the perceived benefits and barriers to exercise was reported in 200 British non exercising female university students using the Exercise Benefits/Barriers Scale. (Bozorgmehri, 2013)



*Image 1: Outdoor Running for Cardio Fitness"*

**Key Points: The Benefits of Regular Exercise**

* **Physical Health Benefits**
  + Enhances cardiovascular health and reduces the risk of heart disease.
  + Strengthens muscles and bones, lowering the risk of osteoporosis.
  + Helps in weight management and boosts immune function.
* **Mental Health Benefits**
  + Reduces stress, anxiety, and depression by releasing endorphins.
  + Improves sleep quality and boosts overall mood.
  + Enhances self

### "Conclusion":

These researchers reported a significant positive correlation between perceived benefits to exercise and current exercise habits; and a significant negative correlation between perceived barriers to exercise and current exercise habits. These researchers also suggested that a greater understanding of perceived benefits and barriers to exercise may assist health care providers and 3 educators to establish methods for promoting exercise for the improved physical and mental health of a college-age population. (Green, Emerging Trends in Privacy Protection, 2022)

TABLE

|  |  |  |  |
| --- | --- | --- | --- |
| | **Exercise Type** | | --- | | | **Benefit** | | --- | |
| Running | Improves cardiovascular health |
| Yoga | Increases flexibility and reduces stress |
| Strength Training | Builds muscle and bone density |

# Bibliography

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