The benifits of regular excersise are widly acknoledged. People who particpate in daily physical activity usualy experiance lower levels of stress and have a greater sence of well-being. However, it is common for individuals to ignore these health advatages and continue a sedintary lifestyle. Over time, this can lead to serious health issues, inclouding heart diseese and diabtes. Thier quality of life suffers, and they often need to seek medical atention more frequently. Making an effot to incorperate excersise into one's daily routine can make a significant diffrence