**1. “The last three or four reps is what makes the muscle grow. This area of pain divides a champion from someone who is not a champion.”**

— [Arnold Schwarzenegger,](https://en.wikipedia.org/wiki/Arnold_Schwarzenegger) seven-time [Mr. Olympia](https://en.wikipedia.org/wiki/Mr._Olympia)

**2. “Success usually comes to those who are too busy to be looking for it.”**

— [Henry David Thoreau,](https://en.wikipedia.org/wiki/Henry_David_Thoreau)poet and philosopher

**3. “All progress takes place outside the comfort zone.”**

— [Michael John Bobak](https://due.com/blog/michael-john-bobak-all-progress-takes-place-outside-the-comfort-zone/), digital artist

**4. “If you think lifting is dangerous, try being weak. Being weak is dangerous.”**

— [Bret Contreras](https://bretcontreras.com/about-me/), sports scientist

**5. “The only place where success comes before work is in the dictionary.”**

— [Vidal Sassoon](https://en.wikipedia.org/wiki/Vidal_Sassoon), hairstylist and businessman

**6. “The clock is ticking. Are you becoming the person you want to be?”**

— [Greg Plitt](https://en.wikipedia.org/wiki/Greg_Plitt), fitness model

**7. “Whether you think you can, or you think you can’t, you’re right.”**

— [Henry Ford](https://en.wikipedia.org/wiki/Henry_Ford), industrialist

**8. “The successful warrior is the average man, with laser-like focus.”**

— [Bruce Lee](https://en.wikipedia.org/wiki/Bruce_Lee), actor and martial artist

**9. “You must expect great things of yourself before you can do them.”**

— [Michael Jordan](https://en.wikipedia.org/wiki/Michael_Jordan), basketball player

**10. “Action is the foundational key to all success.”**

— [Pablo Picasso](https://en.wikipedia.org/wiki/Pablo_Picasso), visual artist

**11. “Things may come to those who wait, but only the things left by those who hustle.”**

**–**[Abraham Lincoln](https://en.wikipedia.org/wiki/Abraham_Lincoln), 16th President of the United States

**12. “Well done is better than well said.”**

— [Benjamin Franklin](https://en.wikipedia.org/wiki/Benjamin_Franklin), American Founding Father and inventor

**13. “All our dreams can come true if we have the courage to pursue them.”**

— [Walt Disney](https://en.wikipedia.org/wiki/Walt_Disney), film producer and entrepreneur

**14. “A champion is someone who gets up when they can’t.”**

— [Jack Dempsey](https://en.wikipedia.org/wiki/Jack_Dempsey), professional boxer

**15. “What hurts today makes you stronger tomorrow.”**

— [Jay Cutler,](https://en.wikipedia.org/wiki/Jay_Cutler_(bodybuilder)) pro bodybuilder and four-time Mr. Olympia

**16. “If something stands between you and your success, move it. Never be denied.”**

— [Dwayne ‘The Rock’ Johnson](https://en.wikipedia.org/wiki/Dwayne_Johnson), actor and pro wrestler

**17. “If you want something you’ve never had, you must be willing to do something you’ve never done.”**

— [Thomas Jefferson](https://en.wikipedia.org/wiki/Thomas_Jefferson), Third President of the United States

**18. “You have to think it before you can do it. The mind is what makes it all possible.”**

— [Kai Greene](https://en.wikipedia.org/wiki/Kai_Greene), pro bodybuilder and artist

**19. “Things work out best for those who make the best of how things work out.”**— [John Wooden](https://en.wikipedia.org/wiki/John_Wooden), basketball player and coach

**20. “Success is walking from failure to failure with no loss of enthusiasm.”**— [Winston Churchill](https://en.wikipedia.org/wiki/Winston_Churchill), British statesman and Prime Minister of the United Kingdom

Image by [Pexels](http://pexels.com/)

The Benefits of Exercise

There are many benefits of regular exercise and maintaining fitness and these include:

* Exercise increases energy levels

Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles.  When your cardiovascular system works better everything seems easier and you have more energy for the fun stuff in life.

* Exercise improves muscle strength

Staying active keeps muscles strong and joints, tendons and ligaments flexible, allowing you to move more easily and avoid injury. Strong muscles and ligaments **reduce your risk of joint and lower back pain** by keeping joints in proper alignment. They also improve coordination and balance.

* Exercise can help you to maintain a healthy weight

See our page: [**Dieting and Weight Loss**](https://www.skillsyouneed.com/ps/weight-loss.html) for more information.

The more you exercise, the more calories you burn.  In addition, the more muscle you develop, the higher your metabolic rate becomes, so you burn more calories even when you’re not exercising.  The result?  You may lose weight and look better physically which will boost your [**self-esteem**](https://www.skillsyouneed.com/ps/self-esteem.html).

* Exercise improves brain function

Exercise increases blood flow and oxygen levels in the brain. It also encourages the release of the brain chemicals (hormones) that are responsible for the production of cells in the hippocampus, the part of the brain that controls memory and learning.  This, in turn, boosts concentration levels and cognitive ability, and helps reduce the risk of cognitive degenerative diseases such as Alzheimer’s.

See our pages: [**Keeping your Mind Healthy**](https://www.skillsyouneed.com/ps/healthy-mind.html) and [**Memory Skills**](https://www.skillsyouneed.com/ps/memory-skills.html) for more information.

There is overwhelming evidence that people who lead active lifestyles are less likely to suffer from illness and more likely to live longer.

* Exercise is good for your heart

Exercise reduces LDL cholesterol (the type that clogs your arteries), increases HDL (the good cholesterol) and reduces blood pressure so it lowers the stress on your heart.  Added to this, it also strengthens your heart muscle. Combined with a healthy diet, exercise lowers the risk of developing coronary heart disease.

* Regular exercise lowers your risk of developing type 2 diabetes

Regular exercise helps to control blood glucose levels, which helps to prevent or delay the onset of type 2 diabetes.  Additionally exercise helps to prevent obesity, which is a primary factor in the development of type 2 diabetes.

* Exercise enhances your immune system

Exercise improves your body’s ability to pump the oxygen and nutrients around your body that are required to fuel the cells that fight bacteria and viruses.

* Staying active reduces the likelihood of developing some degenerative bone diseases

Weight bearing exercise such as running, walking or weight training lowers your risk of both osteoarthritis and osteoporosis – the adage of “*use it or lose it*” really does apply to bones.

* Exercise may help to reduce the risk of certain cancers

Being fit may mean that the risks of colon cancer, breast cancer and possibly also lung and endometrial cancers are reduced. Studies by the Seattle Cancer Research Centre have suggested that 35% of all cancer deaths are linked to being overweight and sedentary.

Exercise not only makes you physically fitter but it also improves your mental health and general sense of well-being.

* Active people tend to sleep better

Physical activity makes you more tired so you’re more ready to sleep. Good quality sleep helps improve overall wellness and can reduce stress.  
See our page [**The Importance of Sleep**](https://www.skillsyouneed.com/ps/importance-of-sleep.html) for more information.

* Exercise improves your mood and gives you an improved sense of well-being

Physical activity stimulates the release of endorphins which make you feel better and more relaxed.  These in turn improve your mood and lower your stress levels.

* Exercise can help prevent and treat mental illnesses like depression

Physical activity can help you meet people, [**reduce stress levels**](https://www.skillsyouneed.com/ps/stress.html), cope with frustration, give you a sense of achievement, and provide some important “me time”, all of which help with [**depression**](https://www.skillsyouneed.com/ps/depression.html).

* Keeping fit can reduce some of the effects of aging

Exercise can be fun!

Getting fit is not just about running on a treadmill for hours in your local gym, it can be a dance class or a new hobby like fencing or mountain biking.  It could be a group or team activity like football or a karate class.

Whatever form of exercise you choose, you’ll almost certainly meet new people and may make new friends.

How Much Should you Exercise?

According to the American College of Sports Medicine, current guidelines suggest that to stay healthy, adults between 19 and 64 should try to be active daily and follow these recommendations:

Cardiorespiratory Exercise

**Cardiorespiratory exercise, often abbreviated to 'cardio', is any exercise that increases the heartbeat and breathing rate.**

**Such exercises include walking, running, swimming, cycling, dancing and team sports such as football, hockey, basketball etc**