***BENEFITES OF EXERCISE***

**1. Exercise controls weight**

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

**2. Exercise combats health conditions and diseases**

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

* Stroke
* Metabolic syndrome
* High blood pressure
* Type 2 diabetes
* Depression
* Anxiety
* Many types of cancer
* Arthritis
* Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

**3. Exercise improves mood**

Need an emotional lift? Or need to destress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

**4. Exercise boosts energy**

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

**5. Exercise promotes better sleep**

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

**6. Exercise puts the spark back into your sex life**

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance

, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

**7. Exercise can be fun … and social!**

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

***BENEFITS OF YOGA***

**• Improves posture**   
Working for long hours on a desk could not only hurt your spine but also make you feel tired at the end of the day. Practicing certain yoga asanas could help you in improving your posture and also prevent pain in your neck and lower back.   
**• Increases flexibility**   
When was the last time you wished you could easily touch your toes which bending forward? Well, practicing yoga could help you in that. Yoga can not only help you in increasing your flexibility but also let you perform complex asanas.

**• Helps in lowering blood sugar**   
Yoga not only helps in lowering blood sugar but also lowers bad cholesterol and boosts good cholesterol. It encourages weight loss and improves the body’s sensitivity to insulin.   
 **• Increases blood flow**   
The relaxation exercises in yoga regulates blood to all parts of your body. Exercises such as handstand, helps venous blood from the lower part of the body to flow back to your heart, where it can be pumped back to the lungs to be oxygenated.

**• Keep diseases at bay**   
Yoga exercises have a beneficial effect on the immune system. It not only helps in destroying various viruses we catch during season change, but also boosts our immunity to fight off diseases.

**• Increases self-esteem**

Practicing yoga would help you explore a different side of yourself. It would make you feel good about yourself and helps you take a positive approach in life.

**• Improves lung function**

A lot of breathing exercises are said to improve lung function. Doing such exercises in a long run could cure respiratory problems. It also increases the capacity of your lungs.

**• Helps you sleep better**

Yoga helps in reducing stress and creates a routine which in turn makes a regular sleeping pattern. A relaxed body gets a deeper and more peaceful sleep.

***BENEFITS OF GYM***

**1. Exercise can make you feel happier**

[Exercise](https://www.healthline.com/nutrition/does-exercise-cause-weight-loss) has been shown to improve your mood and decrease feelings of depression, anxiety, and stress ([2Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/26917992)).

It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity to the hormones serotonin and norepinephrine, which relieve feelings of depression ([3Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5928534/)).

Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain ([Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/23630504)[3Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5928534/)).

**2. Exercise can help with weight loss**

Some studies have shown that inactivity is a major factor in weight gain and obesity ([6Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/27190483), [7Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683051/)).

To understand the effect of exercise on weight reduction, it is important to understand the relationship between exercise and energy expenditure (spending).

Your body spends energy in three ways:

* digesting food
* exercising
* maintaining body functions, like your heartbeat and breathing

While dieting, a reduced [calorie intake](https://www.healthline.com/nutrition/how-many-calories-per-day) will lower your metabolic rate, which can temporarily delay weight loss. On the contrary, regular exercise has been shown to increase your metabolic rate, which can burn more calories to help you [lose weight](https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible) ([Trusted Source6Trusted Source](https://www.ncbi.nlm.nih.gov/pubmed/27190483), [7Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6683051/), [8Trusted Source](https://pubmed.ncbi.nlm.nih.gov/27901037/)).

Additionally, studies have shown that combining aerobic exercise with resistance training can maximize fat loss and muscle mass maintenance, which is essential for keeping the weight off and maintaining lean muscle mass ([9Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6322789/), [10Trusted Source](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5552187/), [11Trusted Source](https://pubmed.ncbi.nlm.nih.gov/29600726/)).

**3. Exercise is good for your muscles and bones**

Exercise plays a vital role in building and maintaining strong muscles and bones.

Activities like weightlifting can stimulate muscle building when paired with adequate [protein intake](https://www.healthline.com/nutrition/how-much-protein-per-day).

**This is because exercise helps release hormones that promote your muscles’ ability to absorb amino acids. This helps them grow and reduces their breakdown (**[**12Trusted Source**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6950543/)**,** [**13Trusted Source**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6303131/)**).**

**As people age, they tend to lose muscle mass and function, which can lead to an increased risk of injury. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age (**[**14Trusted Source**](https://www.ncbi.nlm.nih.gov/pubmed/28029078)**).**

**4. Exercise can increase your energy levels**

**Exercise can be a real energy booster for many people, including those with various medical conditions (**[**17Trusted Source**](https://pubmed.ncbi.nlm.nih.gov/23783259/)**,** [**18Trusted Source**](https://pubmed.ncbi.nlm.nih.gov/25137245/)**).**

**One older study found that 6 weeks of regular exercise reduced feelings of fatigue for 36 people who had reported persistent fatigue (**[**19**](https://www.tandfonline.com/doi/abs/10.1080/21641846.2013.843266)**).**

**Exercise can also significantly increase energy levels for people with chronic fatigue syndrome (CFS) and other health conditions (**[**20Trusted Source**](https://www.ncbi.nlm.nih.gov/pubmed/27995604)**,** [**21Trusted Source**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6742679/)**).**

**In fact, exercise seems to be more effective at combating CFS than other treatments, including passive therapies like relaxation and stretching or no treatment at all (**[**20Trusted Source**](https://www.ncbi.nlm.nih.gov/pubmed/27995604)**).**

**And let’s not forget the fantastic heart and lung health benefits of exercise. Aerobic exercise boosts the cardiovascular system and improves lung health, which can significantly help with energy levels.**

