BENEFITS OF EXERCISE

JB PAL - POWER ABILITY LEARN

MADE WITH INFORMATION FROM THE NHS, MAYO CLININC AND MULTIPLE SOURCES FROM HEALTH LINE.

WHAT IS EXERCISE?

Exercise is any movement that makes your muscles work and use energy.

Weight management

Being inactive can mean you are overweight. Exercising helps use some energy and can lead to reduction in excess weight.

Lower risk of disease

Exercising regularly reduces risk of many diseases such as heart related diseases, diabetes and cancer.

Bone and muscle health

Exercise is good for reducing loss of muscle mass and bone density. It is vital to build and maintain strong muscles and bones as we age.

Better sleep

Energy loss during exercise means you are more likely to sleep better and relax more. Increasing body temperature during exercise can also aid in better sleep as it may drop more overnight.

Reduce Pain

Exercise can be a natrual treatment for pain. It increases pain tolerance and also controls pain. Stretching stiff muscles ligament and joint can aid in pain relief.

Better mood

10-30 minutes of exercise is enough to increase brain sensitivity to the hormones serotonin and norepinephrine. These reduce depressive feelings. Endorphins are also increased during exercise which make you feel positive and reduce pain perception.

Brain and memory

Exercising increases heart rate which increases flow of blood and oxygen to the brain. Exercise has been shown to cause the hippocampus to grow which can help function. Exercise also reduces risk of changes in the brain in the elderly.

Fun and social

Doing exercise can mean you connect with friends and family. It can mean you are doing something fun indoors or outdoors.

More energy

Aerobic exercise can boost energy levels by improving lung health and causing the heart to become more efficient at moving oxygen around the body.

SEE HOW AMAZING EXERCISE IS!

It can give you so many benefits so find something you enjoy doing and make it part of your routine!