

Why Should I Workout?

The benefits of regular exercise range from physical wellness to mental stability. Some of the most common physical benefits are lower body weight, decreased risk of diseases, improved physical appearance and lower body fat.

Besides the physical benefits, exercise can also positively affect your attitude. The less obvious benefits of physical fitness are increased self-esteem, fewer instances of depression, more restful sleep, and increased energy and stamina for day to day activities.

Read the paragraphs below to better understand the importance of physical activity.

Let's start with the physical benefits of regular exercise. Metabolism plays a large role in weight gain and weight loss. It is true that your metabolism slows as you age (about 5% every decade) and this is usually caused by a decrease in muscle. There are some easy ways to counteract this natural process. Get up and get active, if you continue to consume the same amount of calories and don't increase your activity level, you will gain weight as your metabolism slows. Add some resistance training or increase your aerobic workouts; change your routine to include new types of exercise and your body will burn more calories.

Strength training (also known as resistance training) is key to maintaining a healthy weight. The more muscle you have the more calories you burn, it's that simple. Strength training will increase your metabolism not only while you are working out, but throughout the day and night. Another benefit associated with resistance training is increased bone density. This is an important benefit for women, especially, if osteoporosis is a concern. Physically fit individuals also have a reduced risk of injury.

Working out coupled with dieting will lead to a leaner and healthier total body. Dieting alone is great for losing weight, but it can also lead to muscle loss. Strength training combined with cutting calories will help preserve muscle while also losing fat. Regular exercise also provides cardiopulmonary improvements by decreasing blood pressure and lowering your resting heart rate. Increased physical fitness leads to lower cholesterol levels and increased "good" cholesterol.

Exercise is not only good for your body, but it also stimulates your mind. Studies have found reduced levels of depression in individuals who exercise on a regular basis. Working out helps improve your self-esteem, regardless of your body's actual appearance. People who exercise sleep better, because they fall asleep faster and sleep longer.

There are many advantages to working out beyond the aesthetic benefit. It is well worth your time to invest in a healthy lifestyle.