

BENEFITS OF EXERCISE

1. **Increases defense against non-communicable diseases**
2. **Increased muscle strength and Increased energy**
3. **Increases Self-Esteem. You look better and are more confident**
4. **Increases Mental Focus, Concentration & Boosts Mental Health**
5. **Strengthens your heart and Decreases Risk of a Heart Attack**
6. **Decreased Risk of Osteoporosis and can even reverse it by building bone tissue.**
7. **Reduces the Risk and Mortality of Breast Cancer by up to 60%**
8. **Fights Dementia**
9. **Increases Strength and Stamina: Every physical thing you do becomes easier.**
10. **Reduces & suppresses Depression as effectively as medications or behavioral therapy: (produces Endorphins- the Feel good hormones)**
11. **Prevents muscle loss & increases muscle size through an increase in muscle fibers.**
12. **Decreases Stress Levels. Exercise is the perfect natural therapy that can change your mood.**
13. **Improved digestion.**
14. **Enhances quality of sleep.**
15. **Lifts your mood**
16. **Strengthens your bones**
17. **Helps with self-control**
18. **Lessens fatigue**
19. **Has anti-ageing effects**
20. **Improves learning abilities**
21. **Keeps your body fit & healthy**
22. **Improves body image**
23. **Makes you feel happier**
24. **Adds a sparkle and radiance to complexion.**

25. Improves body shape.
26. Improves skin tone and color
27. Alleviates anxiety
28. Sharpens memory
29. Helps to control addictions
30. Tones and firms muscles.
31. Provides more muscular definition.
32. Enables weight loss and keeps it off, which makes it easier to qualify for affordable health insurance.
33. Makes you limber.
34. Improves endurance.
35. Burns extra calories.
36. Improves circulation and helps reduce blood pressure by almost 50%
37. Increases lean muscle tissue in the body.
38. Improves appetite for healthy foods.
39. Alleviates menstrual cramps.
40. Alters and improves muscle chemistry.
41. Increases metabolic rate.
42. Enhances coordination and balance.
43. Improves posture.
44. Eases and possibly eliminates back problems and pain.
45. Makes the body use calories more efficiently.
46. Lowers resting heart rate.
47. Improves body composition.
48. Increases body density.
49. Decreases fat tissue more easily.
50. Makes body more agile.
51. Is the greatest body tune-up.
52. Improves joint function & Reduces joint discomfort.
53. Improves athletic performance.

54. Enriches sexuality. Increases sex drive & satisfaction
55. May add a few years to life.
56. Increases your range of motion.
57. Boosts your immune system.
58. Increases sports performance
59. Improves glycogen storage.
60. Enables the body to utilize energy more efficiently.
61. Increases enzymes in the body which burn fat.
62. Increases the number and size of mitochondria in muscle cells.
63. Increases concentration of myoglobin (carries oxygen in muscles) in skeletal muscles.
64. Enhances oxygen transport throughout the body.
65. Improves liver functioning.
66. Increases speed of muscle contraction and reaction time.
67. Enhances feedback through the nervous system.
68. Improves blood flow.
69. Helps to alleviate varicose veins.
70. Increases maximum cardiac output.
71. Increases contractility of the heart's ventricles.
72. Increases the weight and size of the heart.
73. Improves contractile function of the whole heart.
74. Makes calcium transport in the heart and body more efficient
75. Physical exertion has mental benefits
76. Exercise is a mental pursuit which ignites thought, reflection, recollection, imagination.
77. A healthy body activates creative juices and endeavor
78. Brain requires energy: EXERCISE
79. Increases longevity. Do you want to have a long life?
80. Keep fit and maintain a healthy weight
81. Keep training the body to best support the mind; to enhance the organs of labor

- 82. Exercise: your body thrives with blood and flexing**
- 83. Through exercise you practice the virtues of integrity and constancy**
- 84. Mental strength echoes physical strength**
- 85. Exercise isn't just about how it makes you look, it's also about how it makes you feel. Feeling good is the new looking good.**
- 86. Improves and keeps people in good health**
- 87. Improves quality of life**
- 88. Increases length of life**
- 89. Motivates people**
- 90. Increases & boosts productivity**
- 91. Gives you confidence**
- 92. Makes life more exciting & Improves lifestyle**
- 93. Improves cardiovascular fitness**
- 94. Increases muscular strength**
- 95. Improves relations**
- 96. Reduces health costs**
- 97. Reduces coronary risk factors**
- 98. Lowers the risk of stroke by 27%**
- 99. Helps you keep focused in life**
- 100. Improves cholesterol levels**
- 101. Increases pain resistance**
- 102. Improves eating habits**
- 103. Prevents colds**
- 104. Reduces the incidence of diabetes by almost 50%**
- 105. Can lower the risk of colon cancer by more than 60%**
- 106. Can reduce the risk of developing Alzheimer's disease by one-third**