

Benefits of Exercise

Helps to Manage Your Weight

This one is a no-brainer! When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too. For instance, if possible, walk instead of driving, or ride a bicycle to your destination. It could even be as simple as taking the stairs instead of the elevator, or parking further away in the parking lot so you have to walk a little further.

Improves Your Mood

Need to blow off some steam after a stressful day? Exercise can help you do just that...and more! Increases in serotonin caused by exercise can improve your mood and even mental clarity! Less stress in your life will make EVERYBODY happy – your kids, spouse, even co-workers! It has been proven that regular exercise can even help prevent DEPRESSION! You will also look and feel better when you commit to making exercise part of your life!

Combats Chronic Diseases

Regular physical activity can help to prevent high blood pressure, high cholesterol, heart disease, type 2 diabetes, and even osteoporosis. Enough said.

Boosts Energy Level

Physical activity delivers oxygen and nutrients to your body and even benefits your entire cardiovascular system. And you guessed it, when your lungs and heart work more efficiently you will have more energy to do the things you enjoy! Do you have trouble falling asleep or staying asleep? Exercise could be the key. Studies have shown that exercise can help regulate sleep patterns! A good nights sleep can improve your concentration, productivity and, once again, mood! :o)

Exercise CAN be FUN!

HELLO ZUMBA! The word zumba is slang, meaning to “move fast” and “have fun”. Yes, exercise CAN BE FUN!!! Whatever physical activity you choose to take part in, just make sure you enjoy it!!! If you get bored, try something new. Just get moving!

Exercise IS the FOUNTAIN of YOUTH!

Live longer, be stronger! Stay motivated by finding a friend to exercise with. A good support system can keep you devoted to working out, even when you don't feel like it! Set goals and have a plan for success! Keeping an exercise journal can help you monitor your journey to living a healthier, happier life!