The Value of Exercise

Exercise and body movement are powerful contributors to the health of the body.

Physiological Benefits of Exercise:

o Increases the body's metabolism
o Oxygenates the cells
o Delivers glucose to the cells
o Increases the circulation of the lymph system which contributes to the removal of metabolic wastes
o Promotes sweating which further reduces toxins in the body
Exercise can be fun. Look for ways to include physical activity into your daily life.
o Try walking to places that you would ordinarily drive.
o Meet friends for a brisk walk in a beautiful place instead of eating out.
o Move your body in new ways by joining a dance class, yoga class, or other fitness class.
o Look for ways to build activity into your social life by taking up a new sport or active hobby like hiking.

The following lists of the benefits of exercise were taken directly from http://www2.gsu.edu/~wwwfit/benefits.html.

Health Benefits of Exercise and Physical Activity:

• Reduce the risk of premature death
• Reduce the risk of developing and/or dying from heart disease
• Reduce high blood pressure or the risk of developing high blood pressure
• Reduce high cholesterol or the risk of developing high cholesterol
• Reduce the risk of developing colon cancer and breast cancer
• Reduce the risk of developing diabetes
• Reduce or maintain body weight or body fat
• Build and maintain healthy muscles, bones, and joints
• Reduce depression and anxiety
• Improve psychological well-being
• Enhanced work, recreation, and sport performance

Benefits of Aerobic Exercise:

• Increased maximal oxygen consumption (VO2max)
• Improvement in cardivascular/cardiorespiratory function (heart and lungs)
o Increased maximal cardiac output (amount of blood pumped every minute)

o Increased maximal stroke volume (amount of blood pumped with each beat)
o Increased blood volume and ability to carry oxygen
o Reduced workload on the heart (myocardial oxygen consumption) for any given submaximal exercise intensity
• Increased blood supply to muscles and ability to use oxygen
• Lower heart rate and blood pressure at any level of submaximal exercise
• Increased threshold for lactic acid accumulation
• Lower resting systolic and diastolic blood pressure in people with high blood pressure
• Increased HDL Cholesterol (the good cholesterol)
• Decreased blood triglycerides
• Reduced body fat and improved weight control
• Improved glucose tolerance and reduced insulin resistance

Benefits of Strength Training:

• Increased muscular strength
• Increased strength of tendons and ligaments
• Potentially improves flexibility (range of motion of joints)
• Reduced body fat and increased lean body mass (muscle mass)
• Potentially decreases resting systolic and diastolic blood pressure
• Positive changes in blood cholesterol
• Improved glucose tolerance and insulin sensitivity
• Improved strength, balance, and functional ability in older adults