



BCHWF

Importance of Exercise



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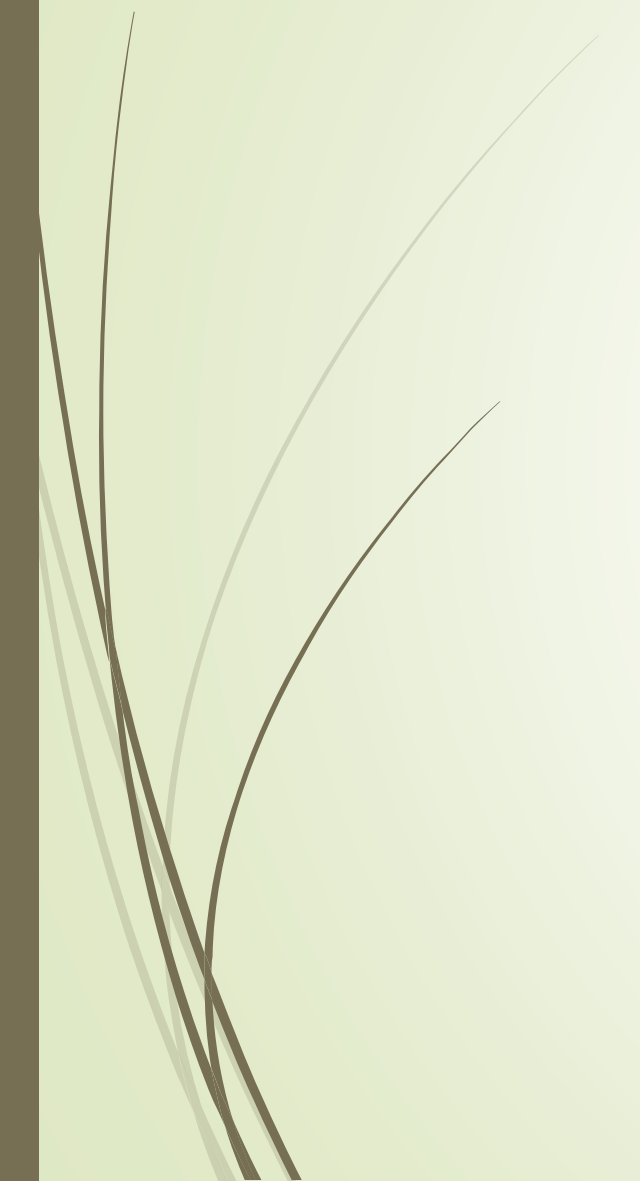
Importance of Exercise

Adults are strongly recommended to carry out physical activity every day for the following reasons:

- Any form of physical activity is considered better than none for example walking, cardio etc
- Exercise when done properly helps to control ones weight management and helps to lose excess weight



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- Exercise also help to lower many diseases, such as obesity, type 2 diabetes and high blood pressure
 - Different exercise activities greatly contributes to improving ones mental health and mood, which in turn helps to improve, thinking, learning and judgmental skills and ward of levels of anxiety, depression and low self-esteem.
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One of the most effective methods of exercises, however, include regularly performing Strengthening activities such as weightlifting, which helps to work on and strengthen ones abdomen and arm muscles.





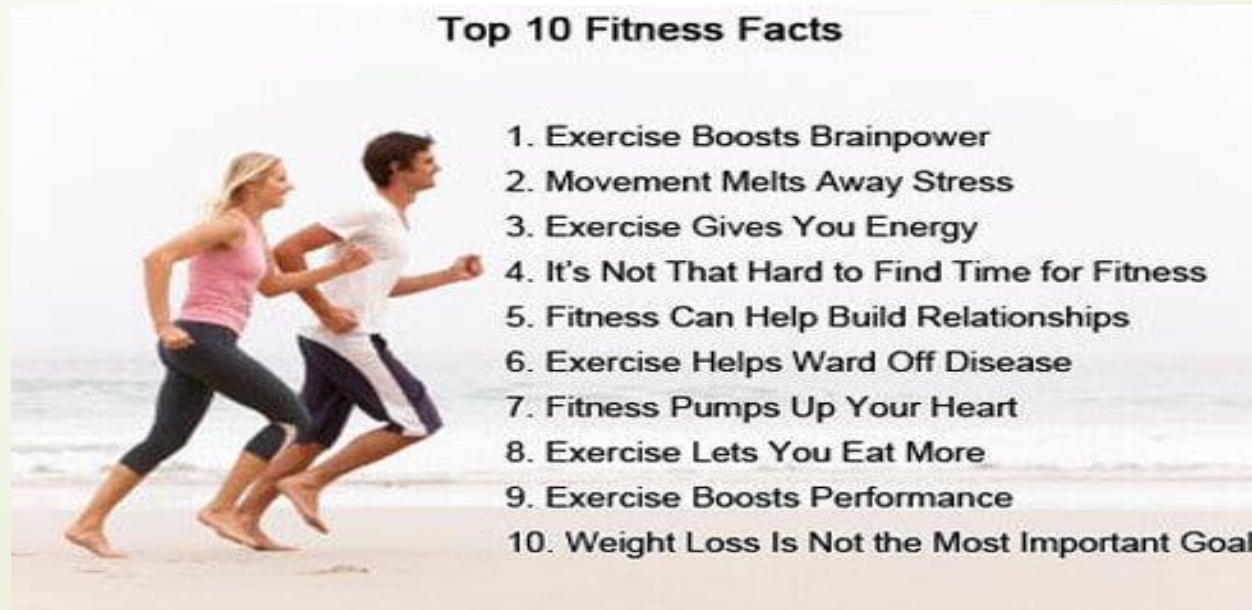
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Another effective and easy mode of exercise is Aerobics, examples of which include, riding a bike, fast paced walking (power walking), or brisk walking at ones own leisure.

More rigorous and fast paced exercises would include, jogging or running, the use of a skipping rope, gymnastics and fast passed swimming

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When an individual performs any form of exercise activities, the work out increases blood flow through the heart, in turn sending more oxygen to the organs and muscles. This helps to lower blood pressure, heart rate and decreases cholesterol levels.



Top 10 Fitness Facts

1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal



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For further information, or queries please email

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