

Why Do People Exercise

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Introduction

Physical exercise is any activity that involves movement of either part or the whole the body. It has been encouraged by doctors and health experts the world over. Physical exercise can range from a thorough workout at the gym to simple activities like walking up staircases, brisk walking, running, jogging or rope skipping. Health experts maintain that physical exercise must be included in one's life for them to have a truly healthy body. A wide range of reasons has been given for the need for exercise. This paper is aimed at discussing some of the reasons why people exercise.

Discussion

Exercise can improve your mood. After a long tiring day, some simple exercise like a jog or a walk can calm you down and get some pressure off your body (Rot, Collins, Fitterling , 2009). This leaves you feeling refreshed and revitalized. When you exercise, some chemicals stimulated in your brain make you feel happier and relaxed. Chances of depression are greatly reduced leading to a more healthy and vibrant life.

Some chronic diseases are known to be prevented or are better managed with some good and regular physical exercise (Hage, Mattsson, Stähle, 2003). Heart disease, obesity, and hypertension are just but a few to mention. Exercise helps the blood flow with more energy and helps burn harmful fats that can lead to artery thickening. This could lead to hypertension and heart disease. Exercise is also believed to reduce the risk of breast cancer by up to 60%. Body exercise reduces the level of Estradiol and progesterone hormones which are associated with breast cancer development. Breast cancer patients and women in general are encouraged to exercise often so they can reduce their chances of developing breast cancer. Bodybuilding has even been used and encouraged as a way of fighting breast cancer.

Exercise can also be a natural, cost free and effective means of controlling body weight. As you exercise, you burn calories. This is particularly great because simple exercises like walking up the stairs or taking a brisk walk will normally be enough.

Why People Should Exercise Essay

Dymond



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the teachers can actually simulate the real test and give themselves time to identify the childrens weaknesses and strengths Therefore they can work on these weaknesses and reinforce concepts at the same time At the end of every test there are additional questions designed to challenge the children and encourage the teachers and the parents to create their own questions from the passages There is a teachers edition that identifies the answers to all questions and the types of questions For example there may be questions that require the students to know main idea authors purpose compare and contrast and so on These are indicated in the teachers edition There are writing exercises for the students to do Useful hints relating to the kinds of responses are also presented in the teachers edition A suggested rubric is also included This book is inclusive of all including Special Needs Students who must write the same tests as other students and whose grades and progress impact the general performance of the school **Boot Camp for Your Brain** M. Denmark Manning,2016-09-29 Do you need to do better on the SAT The comprehensive material in this book honed by years of actual results can help you significantly improve your composite score No gimmicks just time tested techniques that were previously available only to students of The Worlds Best Prep Course Inc Put them to work for you and achieve the score you need to get into the college of your choice

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by the Rev. G. Bush Jonathan DYMOND,1834 **Essays on the Principles of Morality and on the Private and Political Rights and Obligations of Mankind** Dymond,1842 A Collection of Essays on Politics, the Bible and Culture Peter J. Steffens,2012-07 This collection of essays was written over a span of a few months to express the author s thoughts in print for people to think about and ponder It s for people interested in the social sciences such as clergy politicians musicians and everyone who is interested in reading the Bible participating in church politics civics and American culture Cracking the MCAT, 2011-2012 Edition James L. Flowers,Theodore Silver,2011 Complete coverage of all the topics on the MCAT physics general chemistry biology organic chemistry verbal reasoning and the essays

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