



## Top 10 Reasons Why Exercise Should Be a Part of Your Life

Although the food companies like to paint exercise as the “magic bullet” for controlling caloric input, the fact is that exercise has a host of other benefit that FAR outweigh (excuse the pun) weight control. Regular aerobic activity (particularly weight bearing activity) can: strengthen muscles and keep ligaments strong and supple, improve overall heart and lung function, reduce the risk of major diseases, stimulate the growth of new brain cells, reduce or regulate feelings of stress. Studies show just 30 minutes of moderate physical activity, on most days, is all that's required to reap big benefits. The good news is that the 30 minutes do not need to be done all at once.

*Research suggests that workouts may do the following:*

- **Keep you young.** Workouts such as brisk walking or cycling boost the amount of oxygen consumed during exercise. Improving your aerobic capacity by just 15 to 25 percent significantly adds longevity to your life. Aerobic exercise may also stimulate the growth of new brain cells in older adults.
- **Reduce infections.** Moderate workouts temporarily rev-up the immune system by increasing the aggressiveness or capacity of immune cells. That may explain why people who exercise catch fewer colds.
- **Prevent heart attacks.** Not only does exercise raise "good" HDL cholesterol and lower blood pressure, but new research shows it reduces arterial inflammation, another risk factor for heart attacks and strokes.
- **Ease asthma.** New evidence shows that upper-body and breathing exercises can reduce the need to use an inhaler in mild cases of asthma.
- **Control blood sugar.** Exercise helps maintain a healthy blood-sugar level by increasing the cells' sensitivity to insulin and by controlling weight. Regular brisk walking can significantly cut the risk of developing type 2 Diabetes.
- **Protect against cancer.** Exercise may reduce the risk of colon-cancer by speeding waste through the gut and lowering the insulin level. It may also protect against breast and prostate cancer by regulating hormone levels.
- **Combat stress.** Regular aerobic exercise lowers levels of stress hormones. For many people, exercise helps relieve depression as effectively as antidepressant medication.
- **Eases effects of menopause.** Increasing fitness by walking or practicing yoga enhances mood and may reduce some menopausal symptoms, such as hot flashes and night sweats.
- **Protect men's health.** Pelvic exercises may help prevent erectile dysfunction and possibly benign prostate enlargement, a common cause of urinary problems.
- **Prolong life.** Studies lasting many years have consistently shown that being active cuts the risk of premature death by about 50 percent for men and women.