

The Top 5 Benefits of Exercise

Ok, I am going to let you in on a little secret...actually, it is a BIG secret. I mean, this is something that almost no one living today knows, but could just in fact change your life from this day forward, and the lives of EVERYONE around you. Are you ready? Ok, here goes...

Exercise is good for you.

Ok, before you yell and scream about how I just led you on, I have to defend myself. Simply take a look around you the next time you are out in public. See anything that WOULD make someone possible think that the positive benefits of exercise ARE a secret? Obesity is at an all time high and cardio pulmonary disease is on the rise, yet folks are still sitting on couches while eating Big Macs. Well, not me, and hopefully not you either.

The fact is, the benefits of exercise are many and as long as you make exercise a part of your regular routine, they will serve you for the rest of your life. Below is a list of what are perhaps the top 5 benefits of exercise:

- 1. A sleeker, slimmer body**-Ok, this may seem like the wrong reason to exercise, but let's not kid ourselves, we ALL want to be sexy! Exercise and the RIGHT kind of exercise will help us get there.
- 2. Lower Blood Pressure**-The more you work your heart, the stronger it becomes and the more efficient as well. A strong heart and lower blood pressure are both a fantastic benefit of exercise.
- 3. Decreased risk of certain types of cancer**-Many studies indicate that overweight individuals have a much higher risk for certain types of cancer. Other studies have shown that lack of exercise may play a role as well. Of all of the benefits of exercise this is perhaps the most impactful that exists.
- 4. Increased productivity at work**-Now HERE is something that you don't think about often, exercising to achieve more at work, but it's true! If you have more energy and can more through your work day with ease, it is likely that you will achieve more, be more productive, get noticed by the boss and make more money. Now how is THAT for a benefit of exercise?
- 5. Saving MONEY!**-So, how could exercising SAVE you money? You might be surprised. The fact is, those that exercise are often in better shape than those that don't. This can translate into IMMEDIATE savings on your insurance premiums such as health and life insurance. In addition, because it is less likely you will have hospital visits due to your lowered risk of certain types of ailments, you will save on health care costs as well. Finally, people who exercise usually maintain healthy diets that DON'T involve overeating or eating superfluous foods such as cakes and ice cream. These behaviors all translate into a savings for YOU!

While this is just a partial list, it is easy to see that the benefits of exercise are many and certainly a reason for you to take control of your life and begin a consistent and long lasting exercise regimen.