

10 Reasons Why You Should Exercise

1. It keeps you young and adds years to your life

Exercise keeps you young at a cellular level and helps to ward off the degenerative effects of ageing. Research shows that exercise might even trump genes when it comes to staying youthful and healthy.

2. It boosts your confidence

Even if you aren't seeing results straight away, the mental effect working out has on you will boost your confidence and make you feel good.

3. It reduces stress and anxiety

Stress wreaks havoc on your body and health. It depletes your immune system and mucks up your hormones. Regular exercise can decrease your overall stress both mentally and physically.

4. It boosts creativity

Research shows that regular exercisers fared better on creativity tests than non-exercisers. On a personal note, I often get my best ideas when I am out in nature going for a walk.

5. It improves your sleep

Regular exercise can even make you sleep better - providing you're not exercising too close to your bed time as it may become a stimulant.

6. It gives you more energy

If you are someone who struggles with low energy, you might be wondering how on earth expending more energy by exercising can make you feel better. But it does! The rush of endorphins from a good workout session can't be beat. It is also a great afternoon pick me up. Instead of reaching for that 3 pm coffee or chocolate bar, do some exercise instead.

7. It boosts your immune system and protects against disease.

Moving your body can help keep you well and help fight off any nasty bugs or germs. Research shows that people who regularly exercise get fewer colds and flus than those who don't. Be careful not to over do it and over train as this can make you more susceptible to illness. Listen to your body.

8. It helps you kick sugar cravings

Daily exercise helps maintain a healthy blood sugar level by increasing the cells' sensitivity to insulin and by controlling weight.

9. It gives you better focus

Regular exercise has been shown to improve mental focus, enhance memory and decrease brain fog.

10. Improves your breathing

Ageing affects the tissues of the lungs in some ways that can't be changed by exercise. However, exercise can improve your breathing by strengthening the muscles that help your lungs open up to bring in oxygen and compress to push out carbon dioxide.

*** 30 minutes daily is all you need! Make the change ***