Exercise is for Everybody

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Strength training can enhance your quality of life and abilty to perform daily activities, according to Mayo Clinic.

As a society, exercise has always been perceived as something good for us, but as time has gone on it has pushed society into seeing it in a toxic light. With weight loss programs, new diets, and ideal body types being established every day, this causes people to have a bad relationship with the idea of exercise and causes them to be involved in it for the wrong reasons. So, instead of shoving unnecessary information down your throats, I believe providing true, factual information will prove why I think exercising is so important and why everybody should do it.

To break down the physical benefits, moving your body and exercising is so beneficial to your body in many different ways. According the American Heart Association sitting too much can increase your risk of heart disease and stroke which can greatly increase your risk of dying from cardiovascular disease, so even taking that one hour a day to move your body will be so good for your health. Also, people who are physically active and healthy tend to live longer than those who are not, generally by seven years, says Harvard University. Even just by knowing a statistic like that should encourage you to want to be more involved in physical activity.

Exercising can also be very crucial to your mental health as well.

"It pumps up your brain's endorphins making you feel great after moving your body, as well as reducing stress by putting your body in situations that imitate stress such as fight or flight mode, and its systems practice working through those effects," according to Mayo Clinic.

Exercising can also be a form of meditation without even realizing it. Because your mind and body are both focused on a single task, this can create a sense of calmness and clarity in everything you do, according to the Mayo Clinic. And in general, exercise improves your overall mood. It can increase self-confidence, help you relax, lower symptoms of depression and anxiety, and even improves sleep. All of these exercise benefits can give you a sense of command over your body and life. Physical activity also benefits parts of your body you might not even think about. It keeps your muscles, joints, ligaments, and tendons strong which lowers the risk of injury.

According to Mayo Clinic, "Excercise increases blood flow and oxygen levels in the brain".

It increases blood flow and oxygen levels in the brain as well as releases chemicals in the brain that produce cells in the hippocampus, which is the part of the brain that controls memory and learning. This boosts concentration and cognitive ability, and reduces the risk of cognitive degenerative diseases. Your immune system also improves when you begin to exercise because it improves your body's ability to pump oxygen and nutrients that are required to help the cells that fight off bacteria and viruses.

These pieces of information are why I believe exercise is vital to a person's life and that everyone should do it if they can. I think having a healthy relationship with physical activity is even more important than the actual physical aspect itself. I think our society needs to view exercise in this light to create a major change in our world.