



LIFESTYLE
MANAGEMENT

WHY EXERCISE?

*Many of these benefits come from moderate amounts (not too little – not too much) of exercise performed on a consistent basis throughout life and includes the benefits of getting in more movement in your life, not just formal exercise

1. You make your lungs stronger as exercise forces you to breathe faster and deeper
2. You burn fat, your body prefers fat as its fuel source
3. You boost your immune system to help ward off colds and flu
4. You boost your mood-enhancing chemicals in your body
5. You boost your ability to burn calories more efficiently after your workout – strength training can boost the calorie burn for up to 36 hours after your workout
6. Strength training adds lean muscle and lean muscle looks good and burns more calories than fat
7. You strengthen your heart and lower blood pressure
8. You get smarter as exercise increases blood flow to the brain
9. You become more sensitive to insulin which decreases your risk for diabetes
10. You are overall fitter and stronger and feel better about your health
11. You are slimmer and stay slimmer when exercise stays consistent for life
12. You lower your resting heart rate which means a healthier heart
13. You decrease your risk for many types of cancers
14. You add years to your life
15. You reduce depression or risk of depression
16. You reduce the inflammation in your body
17. You reduce your stress
18. You strengthen your bones
19. You sleep better
20. You have more energy for everything
21. You can ease lower back pain

22. You ease the pain/discomfort of arthritis
23. You become less reliant on others to do things for you because of weakness/physical limitation
24. You have a more positive view of your physical appearance and so do others
25. You have more confidence in yourself and your capabilities
26. You improve your memory and ward off dementia and Alzheimer's
27. You are likely to perform better at work or school
28. You reduce the symptoms of PMS and menopause
29. You improve your balance and reduce your risk of falling as you get older
30. You are less likely to have a stroke
31. You feel happier and have a better outlook on life
32. You save money on medical bills and prescriptions
33. You have fewer headaches
34. You'll be better able to enjoy your retirement years
35. You have more stamina
36. You tend to be more creative
37. You have more options for fun/vacation/play
38. You enjoy time with your spouse and family more
39. You have fewer overall aches and pains
40. Your posture improves
41. You feel and look younger
42. You are less prone to injuries and you recovery faster from them when they do occur
43. You are more limber
44. You are likely to have an easier pregnancy
45. You are more likely to want to eat healthier
46. Your libido and sex life improves
47. You are much less likely to develop disease of any type
48. You improve your learning capabilities
49. You improve your circulation (including blood flow to the brain)
50. You are less likely to become or to stay addicted to smoking, drugs, food, and destructive behaviors

AND MORE!