PHYSICAL FITNESS MONTH
THE BENEFITS OF EXERCISE

Staying active is one of the best ways to keep our bodies healthy physically and mentally. Regular exercise can help relieve stress, increase bone health, and reduce the risk of developing chronic diseases such as heart disease and obesity. Here are four benefits associated with regular exercise.

EXERCISE CAN HELP REDUCE RISK OF DEVELOPING A CHRONIC DISEASE

Regular exercise can help lower your risk of developing cancer, heart disease, stroke, blood pressure, high cholesterol, and type 2 diabetes.

EXERCISE CAN INCREASE BONE HEALTH AND STREGNTHEN MUSCLES

Exercise plays a vital role in building and maintaining strong muscles and bones.

EXERCISE CAN HELP WITH RELAXATION AND SLEEP QUALITY

Regular exercise can help you relax and sleep better. Regarding sleep quality, energy depletion during exercise stimulates the restorative processes during sleep.

EXERCISE CAN INCREASE FLEXIBILITY

Flexibility is determined by the ability to move a joint through its pain-free range of motion. Flexibility gives you more movement freedom for everyday activities and other exercises.