

Exercise: 10 Health Benefits

“Run (Walk) For Your Life”

1. IT CAN MAKE YOU FEEL HAPPY

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress.

It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity for the hormones serotonin and norepinephrine, which relieve feelings of depression.

Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain.

2. IT CAN MOTIVATE YOU TO LOSE WEIGHT

Although we know that the key factor to lose weight is to eat less, some studies have shown that exercise activities along with a low calorie diet can maximize the weight loss in active individuals.

Studies have also shown that inactivity is a major factor in weight gain and obesity, so I recommend to do at least walking exercise for 30 minutes daily.

“Do not use “heat” over strained muscles”.

Jorge Duchicela, MD

3. IT IS GOOD FOR YOUR MUSCLES AND BONES

As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age.

Physical activity like weight lifting can stimulate muscle building when paired with adequate protein intake.

Also, exercise helps build bone density when you're younger, in addition to helping prevent osteoporosis later in life.



<https://elderqym.com/elderly-strength/>

4. IT CAN REDUCE THE RISK OF CHRONIC DISEASES

Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness and body composition, yet decrease blood pressure and blood fat levels .

In contrast, a lack of regular exercise — even in the short term — can lead to significant increases in belly fat, which increases the risk of type 2 diabetes, heart disease and early death.

5. IT CAN INCREASE YOUR ENERGY LEVEL

Engaging in regular physical activity can increase your energy levels. This is true even in people with persistent fatigue and those suffering from serious illnesses.

“Remember to wear a mask while mowing the lawn to prevent allergies”.

Jorge Duchicela, MD



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6. IT MAY REDUCE THE RISK OF FALLING

Exercising can help prevent falls because it can:

- Make your muscles stronger and more flexible
- Improve your balance
- Increase how long you can be active

7. IT CAN HELP YOUR BRAIN HEALTH AND MEMORY

Exercise can improve brain function and protect memory and thinking skills. To begin, it increases your heart rate, which promotes the flow of blood and oxygen to your brain.

Regular physical activity is especially important in older adults since aging — combined with oxidative stress and inflammation — promotes changes in brain structure and function.

8. IT CAN REDUCE PAIN

Chronic pain can be debilitating, but exercise can actually help reduce it .

Several studies show that exercise can help control pain that's associated with various health conditions, including chronic low back pain, fibromyalgia and chronic soft tissue shoulder disorder, to name a few.

Additionally, physical activity can also raise pain tolerance and decrease pain perception.



<https://www.northpennymca.org/national-senior-health-fitness-day/>

9. IT CAN PROMOTE A BETTER HEALTH LIFE

Exercise has been proven to boost sex drive. Engaging in regular exercise can strengthen the cardiovascular system, improve blood circulation, tone muscles and enhance flexibility, all of which can improve your sex life.

One study found that a simple routine of a six-minute walk around the house helped 41 men reduce their erectile dysfunction symptoms by 71%.

Another study performed in 78 sedentary men revealed how 60 minutes of walking per day (three and a half days per week, on average) improved their sexual behavior, including frequency, adequate functioning and satisfaction.

10. IT CAN HELP WITH SLEEP QUALITY AND RELAXATION

Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training, can help you sleep better and feel more energized during the day.

“Use gloves and long sleeves. Cover your head and ears with clothes to prevent skin cancer, while you are exposed to the sun”.

Jorge Duchicela, MD

“Low back pain can be produced by overuse of your back for everyday activities, like yard work, moving pots, or mowing the lawn”.

Jorge Duchicela, MD



Join me at Weimar Soccer Park on May 11th at 8 am
Gedenke Festival 5K Family Fitness Fun Run/Walk
 Online registration: www.getmeregistered.com/GedenkeFestival5K