

Over 100 ways that Exercise will Enrich the Quality of Your Life

EXERCISE ...

1. INCREASES YOUR SELF-CONFIDENCE AND SELF-ESTEEM.
2. IMPROVES YOUR DIGESTION.
3. HELPS YOUR BODY TO REST MORE EFFICIENTLY.
4. GIVES YOU MORE ENERGY.
5. ADDS A SPARKLE AND RADIANCE TO YOUR COMPLEXION.
6. ENHANCES YOUR IMMUNE SYSTEM.
7. IMPROVES YOUR BODY COMPOSITION (SHAPE).
8. BURNS UP EXTRA CALORIES.
9. TONES AND FIRMS YOUR MUSCLES.
10. PROVIDES MORE MUSCULAR DEFINITION.
11. IMPROVES CIRCULATION AND HELPS TO REDUCE/LOWER BLOOD PRESSURE.
12. RELEASES ENDORPHINS (LIFTS YOUR SPIRITS).
13. REDUCES TENSION AND STRESS.
14. ENABLES YOU TO LOSE WEIGHT AND KEEP IT OFF.
15. MAKES YOU MORE LIMBER.
16. BUILDS STRENGTH.
17. IMPROVES ENDURANCE.
18. INCREASES THE AMOUNT OF LEAN MUSCLE TISSUE IN YOUR BODY.
19. IMPROVES YOUR APPETITE FOR HEALTHY FOODS.
20. REDUCES MENSTRUAL CRAMPING.
21. ALTERS AND IMPROVES MUSCLE CHEMISTRY.
22. INCREASES METABOLIC RATE (RATE AT WHICH THE BODY BURNS CALORIES).
23. ENHANCES COORDINATION AND BALANCE.

24. IMPROVES YOUR POSTURE.
25. EASES AND CAN POSSIBLY ELIMINATE BACK PROBLEMS AND PAIN.
26. ALLOWS YOUR BODY TO USE CALORIES MORE EFFICIENTLY.
27. LOWERS YOUR RESTING HEART RATE.
28. IMPROVES THE STORAGE OF GLYCOGEN.
29. ENABLES YOUR BODY TO UTILIZE NUTRIENTS MORE EFFICIENTLY.
30. INCREASES THE ENZYMES IN THE BODY WHICH BURN FAT.
31. INCREASES THE NUMBER AND SIZE OF MITOCHONDRIA IN EACH MUSCLE CELL.
32. STRENGTHENS YOUR BONES (INCREASES DENSITY).
33. INCREASES THE CONCENTRATION OF MYOGLOBIN (CARRIES OXYGEN IN MUSCLES) IN SKELETAL MUSCLES.
34. ENHANCES OXYGEN TRANSPORT THROUGHOUT THE BODY.
35. IMPROVES LIVER FUNCTIONING.
36. INCREASES SPEED OF MUSCLE CONTRACTION AND THEREFORE REACTION TIME.
37. ENHANCES FEEDBACK THROUGH THE NERVOUS SYSTEM.
38. STRENGTHENS THE HEART.
39. IMPROVES BLOOD FLOW THROUGH THE BODY.
40. HELPS TO REDUCE VARICOSE VEINS.
41. INCREASES MAXIMUM CARDIAC OUTPUT.
42. IMPROVES CONTRACTING OF THE HEART'S VENTRICLES.
43. INCREASES THE WEIGHT OF THE HEART.
44. IMPROVES CONTRACTILE FUNCTION OF THE WHOLE HEART.
45. MAKES CALCIUM TRANSPORTION TO THE HEART AND THE ENTIRE BODY MORE EFFICIENT.
46. DETERS HEART DISEASE.

47. INCREASES THE LEVEL OF HIGH DENSITY LIPOPROTEIN (HDL – GOOD CHOLESTEROL).
48. DECREASES LOW DENSITY LIPOPROTEIN (LDL – BAD CHOLESTEROL).
49. DECREASES TRIGLYCERIDES.
50. INCREASES TOTAL HEMOGLOBIN (CARRIES THE RED BLOOD CELLS).
51. INCREASES ALKALINE RESERVE (BUFFERING CAPACITY OF THE BLOOD).
52. IMPROVES THE BODY'S ABILITY TO REMOVE LACTIC ACID.
53. IMPROVES THE BODY'S ABILITY TO DECREASE HEART RATE AFTER EXERCISE.
54. INCREASES THE NUMBER OF OPEN CAPILLARIES DURING EXERCISE AS OPPOSED TO REST.
55. IMPROVES BLOOD FLOW TO THE ACTIVE MUSCLES AT THE PEAK OF TRAINING.
56. ENHANCES THE FUNCTIONING OF THE CARDIOVASCULAR SYSTEM.
57. ENHANCES THE FUNCTIONING OF THE CARDIORESPIRATORY SYSTEM.
58. IMPROVES EFFICIENCY IN BREATHING.
59. INCREASES RESPIRATORY CAPACITY.
60. IMPROVES ALVEOLAR VENTILATION (GREATER OXYGEN CONSUMPTION).
61. LESSENS SENSITIVITY TO THE BUILDUP OF CO₂ (CARBON DIOXIDE).
62. IMPROVES BREATHING IN THAT LESS VENTILATION IS REQUIRED PER LITER OF OXYGEN CONSUMPTION.
63. IMPROVES BONE METABOLISM.
64. DECREASES THE CHANGES OF THE DEVELOPMENT OF OSTEOPOROSIS.
65. IMPROVES THE DEVELOPMENT OF AND THE STRENGTH OF CONNECTIVE TISSUE.
66. INCREASES STRENGTH OF LIGAMENTS.
67. LESSENS CANCER MORTALITIES.
68. IMPROVES RESISTANCE TO INFECTIOUS DISEASE.

69. ENHANCES NEUROMUSCULAR RELAXATION THUS REDUCING ANXIETY AND TENSION.
70. ENABLES YOU TO RELAX MORE QUICKLY AND COMPLETELY.
71. REDUCES DEPRESSION.
72. IMPROVES EMOTIONAL STABILITY.
73. ENHANCES CLARITY OF THE MIND.
74. MAKES YOU FEEL GOOD.
75. INCREASES EFFICIENCY OF YOUR SWEAT GLANDS.
76. MAKES YOU BETTER ABLE TO STAY WARM IN COLDER ENVIRONMENTS.
77. HELPS YOU TO RESPOND MORE EFFECTIVELY TO HEAT IN THAT SWEATING BEGINS AT A LOWER BODY TEMPERATURE.
78. DECREASES FAT TISSUE.
79. HELPS YOU TO ACHIEVE A MORE AGILE BODY.
80. INCREASES YOUR POSITIVE ATTITUDE ABOUT YOURSELF AND LIFE.
81. INCREASES THE LEVEL OF THE HORMONE NOREPINEPHRINE - BOOSTS YOUR MOOD.
82. STIMULATES HORMONAL RELEASES WHICH HELPS TO ALLEVIATE PAIN.
83. REDUCES CONSTIPATION.
84. INCREASES THE EFFICIENCY OF UTILIZING ADRENALIN, RESULTING IN MORE ENERGY.
85. ENABLES YOU TO MEET NEW FRIENDS AND DEVELOP FULFILLING RELATIONSHIPS.
86. ENABLES YOU TO SOCIALIZE WHILE YOU ARE GETTING IN SHAPE AT THE SAME TIME.
87. HELPS YOU TO MOVE PAST SELF-IMPOSED LIMITATIONS.
88. GIVES YOU A GREATER APPRECIATION FOR LIFE AS A RESULT OF FEELING BETTER ABOUT YOURSELF.
89. ENABLES YOU TO BETTER ENJOY ALL TYPES OF PHYSICAL ACTIVITIES.
90. MAKES THE CLOTHES YOU WEAR TO LOOK BETTER ON YOU.

91. MAKES IT EASIER TO EXERCISE CONSISTENTLY BECAUSE YOU LIKE HOW YOU LOOK AND FEEL AND DON'T WANT TO LOSE IT.
92. GIVES YOU A GREATER DESIRE TO PARTICIPATE IN LIFE 100%, TO TAKE MORE RISKS AS A RESULT OF INCREASED CONFIDENCE AND SELF-ESTEEM.
93. IMPROVES ATHLETIC PERFORMANCE.
94. ENRICHES SEXUALITY.
95. IMPROVES THE WHOLE QUALITY OF YOUR LIFE.
96. MAY ADD A FEW YEARS TO YOUR LIFE.
97. IS THE GREATEST TUNE-UP FOR THE BODY.
98. REDUCES JOINT DISCOMFORT.
99. INCREASES YOUR RANGE OF MOTION.
100. GIVES YOU A FEELING OF CONTROL OR MASTERY OVER YOUR LIFE AND A BELIEF THAT YOU CAN CREATE ANY REALITY YOU WANT. **
101. STIMULATES AND IMPROVES CONCENTRATION.
102. BRINGS COLOR TO YOUR CHEEKS.
103. DECREASES EXCESS FLUID RETENTION, THEREFORE GIVING YOU A SLIMMER FACE, HANDS, MIDSECTION, AND FEET.
104. DECREASES APPETITIE WHEN YOU WORK OUT FROM 20 MIN. TO ONE HOUR.
105. GETS YOUR MIND OFF OF IRRITATIONS.
106. STIMULATES A FEELING OF WELL-BEING AND ACCOMPLISHMENT.
107. INVIGORATES THE BODY AND MIND.
108. IS A WONDERFUL WAY TO ENJOY NATURE AND THE GREAT OUTDOORS.
109. INCREASES THE BODY'S OWN AWARENESS OF ITSELF.
110. REDUCES OR PRECLUDES BOREDOM.
111. INCREASES YOUR AWARENESS OF YOUR GAIT (WALKING BALANCE).
112. ENABLES YOU TO MOVE FROM LEFT BRAIN TO RIGHT BRAIN THINKING.
113. CAN CHANGE THE ELECTRICAL ACTIVITY IN THE BRAIN FROM BETA TO ALPHA.

114. INCREASES YOUR ABILITY TO SOLVE PROBLEMS MORE EASILY AND OFTEN EFFORTLESSLY.

115. GIVES YOU A CLEARER PERSPECTIVE ON IDEAS, ISSUES, PROBLEMS, AND CHALLENGES.

116. RELEASES BLOCKAGES AND LIMITATIONS IN THINKING.

117. AFFORDS YOU THE OPPORTUNITY TO EXPERIENCE YOUR FULLEST POTENTIAL!!!