BENEFITS OF DAILY EXERCISE

♥ Exercise boosts brain power, bringing an increase of blood and oxygen to the brain, thus giving a person an “intellectual” edge.

♥ Exercise allows you to use nutrients to their maximum efficiency. Putting nutrients into your body without physical activity is like putting gasoline in a car and leaving it in the driveway.

♥ Exercise is an energy investment with high returns. A conditioned heart-which pumps more blood with each stroke–doesn’t have to work as hard, circulating the same volume of blood with fewer strokes.” A fit heart, with its lower heart rate, provides a form of stress resistance. To put it bluntly, a well-conditioned heart may save a person’s life.

♥ Exercise is a potent antidote for depression. One way of erasing–and even preventing–periodic lows is to GET MOVING. Research shows that aerobic exercising markedly decreases depression.

♥ Exercising creates a sense of empowerment–giving you a feeling of accomplishment and mastery that puts you back in the driver’s seat of life and give you a feeling of control, decreasing that feeling of hopelessness and helplessness depressed people have.

♥ Exercising also imbues people with what one medical expert calls a capacity to change. Speaking of runners, an expert says that they learn, often dramatically, that they can change themselves for the better.

♥ Exercise produces a lasting euphoric effect, reducing chances you’ll eat to relieve anxiety, anger, frustration or depression. Studies, in fact, show the vigorous workouts can increase stress–and depression–fighting endorphin levels in the bloodstream as much as fivefold.

♥ Exercise depresses your appetite by stabilizing insulin (your hunger hormone) and blood sugar and makes you feel fuller when you eat by stimulating the production of hormones that raise the blood-fat level.

♥ Exercise allows your body to burn extra calories for up to 15 hours after you stop exercising. Exercising in the morning and at night gives you calorie-burning benefits 24 hours a day. Exercise can also boost your metabolism 20 to 30 percent.

♥ Exercise burns FAT. Ounce for ounce, fat contains more than twice the calories than other foods; one gram of fat contains nine calories, while one gram of protein or carbohydrates contains only four. So to get rid of fat you have to turn twice as many calories. Dieting–without exercise–in inefficient in burning fat calories. When you diet, your body first uses up glycogen (a form of stored sugar), protein and water. Only after several weeks on a diet does your body release body fat for its energy needs.