Exercise for Life

Prepared for

MAAC

by

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# Introduction

The benefits of regular exercise cannot be overstated. It is now generally accepted knowledge that even moderate physical activity performed regularly improves the health and well-being of all individuals. Despite this knowledge, studies show that more than 60% of American adults are not regularly active and that an astonishing 25% of adults are not active at all. Therefore, the government recommends that schools and communities provide education to promote exercise to people of all ages.

This report has been prepared for MAAC in order to help spread the word on the importance of physical activity. It is meant as an introduction only. For more information please contact any staff member.

# How Exercise Impacts Health

It is believed that lack of physical activity combined with poor diet is the second largest underlying cause of death in the United States. Studies show that even the most inactive people can gain significant health benefits if they spend 30 minutes or more exercising each day.

Daily physical activity can help prevent heart disease and stroke by strengthening the heart muscle, lowering blood pressure, raising the levels of good cholesterol, lowering bad cholesterol, improving blood flow, and increasing the heart’s working capacity.

By increasing muscle strength and endurance and improving flexibility and posture, regular exercise helps to prevent back pain. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.

Regular physical activity, combined with healthy eating habits, is considered the most efficient and healthful way to control weight. Regular exercise uses excess calories that otherwise would be stored as fat. By reducing body fat, physical activity helps prevent obesity and may help to prevent and control noninsulin-dependent diabetes. It also builds and preserves muscle mass, and improves the body’s ability to use calories.

Studies on the psychological effects of exercise have found that regular physical activity can improve your mood and the way you feel about yourself. Researchers also have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.

# Conclusion

Anyone can exercise. Take a walk. Ride a bike. Join a team. You will see the benefits almost immediately, as you lose weight, lower your blood pressure, and feel better overall. Exercise can also have an impact on your lifestyle. Getting out to exercise may improve your social life by giving you an opportunity to meet new people. It may open up opportunities for your career as well. For example, it is commonly believed that a lot of business is conducted on the gold course or tennis court! Whatever you decide, make physical activity a part of your everyday life.