



EXERCISE

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Kaur 1

Have you ever done something productive and felt great afterwards? The sensation in your body that you have just expelled all your stress, that sense of accomplishment, can be obtained through exercise. Yes, we've all heard "but I have work," "I have chores," and "I have to babysit." Those are all good reasons, but they will not get you anywhere mentally or physically. Simple exercise, such as a light jog outside or yoga at home, can result in significant progress. Exercise can greatly benefit your body.

Consider jogging as an example. Jogging moves your entire body, increases your heart rate, causes heavier breathing, and causes more blood to rush into and out of your heart, but that is the good part. Let us say you do not enjoy jogging. In that case, you might want to try yoga, which still has advantages. Yoga relieves mental stress and has been used in clinics to help patients, according to (Kristen E. Riley & Crystal L. Park) "Yoga is increasingly used in clinical settings for a variety of mental and physical health issues, particularly stress-related illnesses and concerns, and has demonstrated promising efficacy." (pg1-2) The benefits have been rising because of how much it really helps your brain.

Exercising is not just forcing yourself to get off the bed, go jog, to the gym, do yoga, or go swimming. The real lesson is not getting up, it is the discipline it teaches you. When you get up every day to exercise and push your body to its limit, you prove to yourself how much you can achieve if you put your mind to it. The minute you reach that real discipline and dedication to exercise every day and keep pushing, then you will see the long-awaited results. Big muscles, strong legs, more flexibility, faster swimmer, etc. What was said before about feeling accomplished ties to discipline, a person who lacks discipline will not reach the personal goals they have set for themselves.

([Jeffery P. Koplan, MD](#)) “Weight loss was commonly associated with running and was greater in those persons who were overweight when they began running (pg-8-9 & 11-12),” From just running, you can see how much better it makes your life. You may get a minor injury to your knee but that still outweighs the benefits that you get. Losing weight, being healthier, feeling lighter, etc. Exercising also improves mental health not just physical health, it makes your brain become better and changes your life, according to an article written by ([Gregory N. Ruegsegger](#) & Frank W. Booth) “to be learned is the molecular mechanisms by which exercise sustains and improves the quality of life.” (pg2-3 continued in 2nd section) exercising truly turns your life around for the better.

Exercising also has cardiological benefits. (Matthew A. Nystoriak and Aruni Bhatnagar) “Even though moderate levels of exercise have been found to be consistently associated with a reduction in cardiovascular disease risk, there is evidence to suggest that continuously high levels of exercise (e.g., marathon running) could have detrimental effects on cardiovascular health” (pg13-16). It has been proven for many years through scientific research and has been growing ever since. However, if you overdo it and forget to take a break, you run the risk of experiencing the drawbacks of exercise. Excessive exercise can leave you feeling weak, tired, and dehydrated. Overexercising can also “cause heart problems, osteoporosis, and arthritis, as well as difficulties conceiving and loss of the menstrual cycle in women.” (Caines, 2019 23-25) Even though some people think exercise has drawbacks, the advantages of exercise outweigh any potential drawbacks.

At the end of the day, when you exercise you should always do it for your own self and to better your own health, and really tap into your mental health to improve it. After every run, jog, swim, workout, or yoga session, your body will feel so much better and healthier, and you will be in a great mood for the rest of the day. Being addicted to becoming healthier is the best Midwest you can have. Also, you learn a major lesson which is discipline and dedicate yourself to something. It may not look like that at first, but it is a lovely feeling to live with.

Work cited page

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