

25 REASONS



...to exercise. Marking SAVVY'S 25 years of being fit and fab, Althea

Shah stresses on the importance of fitness in one's life.

Most people claim they don't have the time for exercise or simply can't be bothered to do any. But being physically active offers many benefits. Here are 25 reasons why you must exercise...



- 1 **Improves cardiovascular endurance** - Cardiovascular training done on a regular basis helps improve your breathing capacity and makes you feel more energetic.
- 2 **Strengthens the heart** - Cardiovascular training develops your body's hardest working muscle, the heart, and keeps blood circulating properly.
- 3 **Increases your stamina and ability to do continuous work** - Exercise in general gives you more energy to meet the demands of daily life, and provides you with a reserve to meet the demands of unexpected emergencies.

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- 4 **Reduces stress** - The natural endorphins that your body naturally releases while exercising helps you approach and deal with stress confidently and consciously.
- 5 **Makes your brain function better, including your memory** - Regular workouts enhance blood circulation, facilitating all of the internal organs to function at their best.
- 6 **Improves strength** - Weight training improves the strength of the muscles and helps in toning and firming them.
- 7 **Improves intra-muscular coordination** - As one continues in weight training, it improves the capacity to recruit the muscle fibres more efficiently. This, in turn, results in an improvement in coordination, which translates into more efficient movement patterns.
- 8 **Increases metabolism** - Even when you are resting, your muscles burn calories throughout the day and night. This is in direct contrast to a pound of fat which burns barely any calories at all. Want an efficient metabolism that burns all excess calories? Then gain more muscle!
- 9 **Strengthens bones** - As we age, our joints and bones become weak and brittle. Exercise increases bone mineral density to prevent osteoporosis.
- 10 **Provides protection against injury** - Some of the common injuries sportspersons suffer from are Achilles tendinitis, back pain, calf strain, hamstring strains, shin splints... the list goes on. A properly organized strength training regimen can decrease the risk, and the severity of ailing injuries.
- 11 **Helps you sleep better, and alleviates depression** - You will have a more peaceful and restful sleep after a good workout. Consequently, this makes rising in the morning much easier.
- 12 **Improves self-confidence** - Raising your self-confidence improves self-esteem. Greater self-confidence drives success. Exercise and fitness are an enormous part of reaching your potential.
- 13 **Slows down the aging process** - People who exercise regularly live longer and stay healthier into old age. If not for yourself, consider the family members that love and depend on you.
- 14 **Improves posture** - Regular strength training using correct technique and form will help you stand taller, sit straighter and protect your back from injury.
- 15 **Increases testosterone** - This one is mostly for the men (sorry ladies) and it applies to weight training. When

Exercise raises your self-confidence and improves self-esteem.

you lift weights and gradually increase the level of resistance, your muscles produce testosterone. This gives you the energy, stamina and aggressiveness you need to take on the world.

- 16 Reduces cholesterol** - Regular exercise increases HDL cholesterol (the good cholesterol), and decreases LDL (the bad cholesterol).
- 17 Enhances sexual desire and performance** - Strong and well co-ordinated muscles, cardio vascular endurance and good flexibility enhance your looks. They also drive your partner wild with desire and give you the edge for a good performance.
- 18 Improves function of the immune system** - Increases efficiency of blood and circulation system. Helps fight against degenerative diseases like Type 2 (non-insulin dependent) diabetes.
- 19 Improves the likelihood of survival from a myocardial infarction (heart attack)** - through improved functioning of the heart.
- 20 Lowers resting heart rate and blood pressure** - Reduces the risk of developing hypertension



(high blood pressure). Decreases (by 20 to 30 percent) the need for anti-hypertensive medication if you are hypertensive.

- 21 Increases stroke volume** (the amount of blood the heart pumps with each beat) - Increases your maximal oxygen uptake (VO2 max - perhaps the best measure of your physical working capacity).
- 22 Improves joint flexibility** - Weights help fortify the joints and tissues that support them and increase flexibility.
- 23 Enhances reflection** - Exercise is a time to let your mind unwind while your body does the work. Exercise is an opportunity for your subconscious mind to put together the pieces. It enhances mood levels and calms 'reacting' impulses - naturally and instantly. It makes working with challenging people and situations much easier.
- 24 Cleanses** - Water is a by-product of exercise. When you sweat through exercise, it removes toxins and helps you feel more fresh and rejuvenated.
- 25 Helps lose weight, especially fat** - Improves your body's ability to use fat for energy during physical activity, which lowers your fat percentage and indirectly improves your physical appearance.

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