

Benefits of Exercise

Following are the benefits of exercise and participating in a regular fitness resistance program.

Physiologic Benefits

1. Loss of body fat.
2. Weight control.
3. Increased muscular strength.
4. Increased muscular endurance.
5. Reduced risk of injury.
6. Increased bone, ligament, and tendon strength.
7. Increased metabolism.
8. Reduction in resting blood pressure.
9. Decreased diabetes risk.
10. Advantageous changes in cholesterol.
11. Improved bloodflow in the muscles.
12. Increased muscle mass.
13. Decreased risk of osteoporosis.
14. Improved flexibility.
15. Improved speed and power.
16. Decreased stress.
17. Improved elimination and digestion.
18. Increased ability to burn calories both during and after exercise.

Other

1. Overall improved health.
2. Improved self-esteem.
3. Improved posture.
4. Improved physical independence.
5. Improved experience during participation in physical activity.