Good Health: Miracle for Life

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Today the word health is an important factor in everybody life because if we are physically and mentally healthy then we can definitely enjoy a healthy life. Being healthy is important because it can help a person have a stronger heart, better muscles, stronger bones, a sense of well-being and a better social life. Eating right and exercising the correct amount will lead to overall better health. Exercise is the activity of exerting your muscles in various ways to keep fit. The doctor recommended regular exercise. The physical exertion required by his work kept him fit.

Exercise stimulates the growth of tiny blood vessels (capillaries) in muscles. This helps our bodies more efficiently deliver oxygen to muscles, can improve overall circulation and reduce blood pressure and remove irritating metabolic waste products such as lactic acid from the muscles.

Regular physical activity reduces blood pressure in those with high blood pressure levels. Physical activity reduces body fat, which is associated with high blood pressure.Aerobic exercise releases endorphins, our bodies' natural painkillers. Endorphins also reduce stress, depression and anxiety.Exercise may make us feel tired in the short term, i.e., during and right after the activity, but over the long term it will increase stamina and reduce fatigue.

Combined with a healthy diet and appropriate strength training, exercise may help lose weight.Extra weight is a contributing factor to conditions such as heart disease, high blood pressure, stroke, diabetes and some forms of cancer. As weight loss occurs, the risk of developing these diseases decreases. In addition, weight-bearing aerobic exercise, such as walking, can reduce the risk of osteoporosis and its complications. Low-impact aerobic exercises, such as swimming, cycling and pool exercises, can help keep fit in those who have arthritis, without putting excessive stress on joints.

The heart muscle is strengthened and enlarged; to improve its pumping efficiency and reduce the resting heart rate.Exercise increases the total number of red blood cells in the body, to facilitate transport of oxygen throughout the body. Daily Exercise improves breathing & the muscles involved in respiration are strengthened, to facilitate the flow of air in and out of the lungs.

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

have found that exercise is likely to reduce depression and anxiety and help you to better manage stress.

People who exercise regularly are less susceptible to minor viral illnesses such as colds and flu. It is possible that aerobic exercise helps activate your immune system and prepares it to fight off infection.

Refrences

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