

### 101 Reasons To Exercise

# TREASONS to Exercise

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Research overwhelmingly shows that regular exercise lowers the risk for many diseases, enhances the functioning of virtually every physiological system in the human body and improves psychological well-being. Unfortunately, fewer than 40 percent of Americans exercise enough to experience significant health benefits. As the following list indicates, 101 extraordinarily positive reasons exist for you to exercise on a regular basis. It is well-documented that exercise:

- Helps you to more effectively manage stress.
- 2. Helps you to lose weight—especially fat
- 26. Helps to overcome jet lag.
- 27. Slows the rate of joint degeneration in people with osteoarthritis.
- 28 Lowers your recting heart rate
- Reduces the risk of developing prostate cancer.
- 50. Helps to combat substance abuse.
- 51. Helps to alleviate depression.
- Increases your ability to adapt to cold environments.
- 53. Helps you maintain proper muscle balance.
- 54. Reduces the rate and severity of medical
- Reduces your likelihood of developing low-back problems.
- Improves your balance and coordination.
- 80. Improves your body's ability to use fat for energy during physical activity.
- 81. Provides protection against injury.
- 82. Decreases (by 20 to 30 percent) the need for antihypertensive medication, if you are hypertensive

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Looking to find reasons why you should work out? Need gym motivation? Here are 101 reasons why I work out. Maybe some of them apply to ...

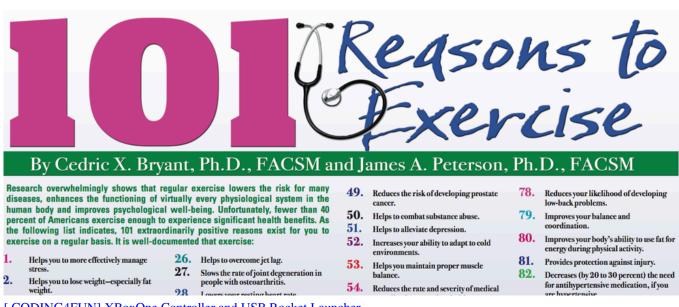
- 1. reasons exercise is important
- 2. reasons exercise is healthy
- 3. reasons exercise is good

101 Reasons Freelancers Do it Better – [HRWorld] ... self care a priority so that you're allocating time out of the office to your exercise, health and nutrition goals.. Now there really isn't an excuse. Even short bursts of exercise, if done consistently, have all 101 benefits below. Please help spread the message by sharing the .... Though 101 reasons may seem like a lot, we quickly discovered that we ... They exercise themselves- no need for hour long saddle back rides, ...

# reasons exercise is important

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# reasons exercise is good

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I am thankful, and I want to show just how grateful I am. Here are 101 reasons why I love you: 1. I love you because of how kind you are to those .... All it takes is a nutritionally balanced vegetarian diet (including adequate amounts of omega-3 fatty acids and vitamin B12), regular exercise, and stress .... 4. Keeps your brain fit & feel less cloudy. 54. Makes you feel ok even when things aren't going well. 5. Keeps your body fit & able to move freely. 55.. Next time you need a little boost of motivation to exercise or lose weight, check out some of these 50 reasons for exercising! 1. It's good for you.. ... prices in India on Amazon.in. Read 101 Reasons to Exercise USMC book reviews & author details and more at Amazon.in. Free delivery on qualified orders.. 101 Reasons why I trust the God of the Bible ... that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: .... Fitness Goals 101: Reasons to Get Fit and Healthy XFC GYM 24 7 Body ... that maintaining health and completing regular exercise can assist in ... 90cd939017 Rodeo Stampede: Sky Zoo Safari 1.25.0 Apk + Mod (a lot of money) for android

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