



Well-being at Home

Exercise and Well-being

The benefits of exercise extend beyond the short term. Gain both physical and mental health benefits by committing to an active lifestyle.

Physical Health Benefits



Helps Control Weight

Regular physical activity can help prevent excess weight gain or even maintain weight loss or a healthy weight. Exercise burns calories, and by burning calories, a deficit can occur. This deficit can be especially helpful for those who go above their calorie needs throughout the day.



Prevents Health Conditions

Exercise helps prevent or manage other health conditions, such as cardiovascular disease, metabolic syndrome, type 2 diabetes, osteoporosis, arthritis, and even lower the risk of some types of cancer.



Improves Cardiovascular Health

Exercise helps the heart and cardiovascular system work more efficiently together. It can help improve how well the heart pumps, blood pressure, and cholesterol levels.



Supports Bone Health

Weight-bearing and resistance exercises force us to work against gravity with the result of greater bone density and strength. For most people, bone mass peaks during the third decade of life, after that time, we can begin to lose bone. Women and men older than age 20 can help prevent bone loss with regular exercise.



Boosts Energy

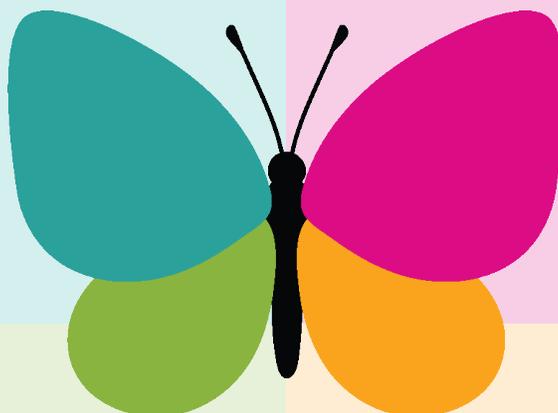
Want to know one of the best ways to boost energy? Move! Exercise delivers oxygen and nutrients to the tissues while helping the cardiovascular system work more efficiently. Not to mention, physical activity can build muscle and improve endurance.



Mental Health Benefits

Brings People Together

When most people think about exercise, they think about long hours at a gym every week, but exercise doesn't have to feel like that. Find a friend and pick a class or an activity you love. Exercise is the perfect opportunity to socialize and connect with others!



Improves Cognitive Function

Exercise can benefit the brain by improving blood flow to the brain, reducing inflammation, lowering levels of stress hormones, and improving cardiovascular function—all factors that can adversely affect cognition.

Improves Mood

One of the best ways to reduce stress or get an emotional lift is to move. Whether you hit the gym or take a brisk walk, physical activity can help by stimulating various brain chemicals that can lead to feeling happier, more relaxed, less anxious, and less depressed. It can also improve self-esteem and self-confidence.

Promotes Sleep

Regular physical activity can not only help with falling asleep faster, but it can also help to get a better quality of sleep, and a deeper sleep.

