

100 Reasons to Exercise

1	Lifts your mood making you a happier person	51	Boosts mental health & you see differently
2	Improves learning & makes you smarter	52	Boost Immune system
3	Helps like yourself more by building self-esteem	53	Reduces 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	Has anti-ageing; you will look & feel younger
6	Increases the concentration of "good" cholesterol	56	Helps transport nutrients through the body
7	Reduces risk for coronary heart disease	57	Helps to alleviate varicose veins
8	Increases heart efficiency by lowering resting heart rate	58	Increases metabolic rate, & burn more calories during sleep!
9	Strengthens lungs & Improves respiratory function	59	Makes digestion more efficient and easier, feel less bloated
10	Improves cardiovascular endurance & performance	60	Stimulates intestinal movements & elimination of wastes
11	Prevents & manages type 2 diabetes	61	Regulates hormones therefore less mood swings
12	Reduces pain and disability by stopping muscle degeneration	62	Reduces anxiety more effectively & safely than medication
13	Alleviates menstrual cramps	63	Improves self-esteem & self-confidence
14	Improves athletic performance	64	Increases sense of self control & helps resist temptation!
15	Lowers your biological age! Turning 50 into 30 years old!	65	Provides source of pleasure & fun.
16	Provides a natural high afterwards, such as runners' high	66	Enhances quality of life, you can do more with a fit pain free body
17	Provides heightened alertness - a fit body is ready for action!	67	Will help you meet people who also enjoy getting more from life
18	Helps control unhealthy cravings	68	Stops you hanging around people who bring you down
19	Gives you dietary freedom to eat more without gaining weight	69	Helps you laugh more because you feel good about your self
20	Allows you to overcome illness or injury quickly	70	stimulates nerve cell growth in brain memory centre
21	Reduces urge to smoke with adrenaline rush similar to tobacco	71	Reduces joint discomfort as muscles support the joint structure
22	Causes the body to use calories more efficiently	72	Helps manage arthritis
23	Causes weight loss because you are moving more	73	Helps with getting a better night sleep
24	Improves your posture & physical appearance	74	Reduces inflammation as a fit body can repair it self
25	Helps prevent osteoporosis by improving bone density	75	Helps prevent gallstones with more movement
26	Makes you feel attractive and lovable	76	Allows you to understand your body and how it works
27	Helps stop urine leakage, by strengthen the pelvic floor.	77	Helps reduce a bloated belly with better digestion
28	Increases energy & ability to do things that you like	78	Provides a healthy break from work!
29	Allows you to be productive & focus less on feeling stressed	79	Adds variety & spice to life!
30	Helps you increase your income by looking & feeling better	80	Increases your ability to do more for the people you care about
31	Gives you confidence by feeling strong & proud of your self	81	Releases anger & negative emotions
32	Helps you to keep focused in life	82	Reduces depression better than psychotherapy
33	Improves eating habits - you won't want junk food	83	Enhances coordination, power, timing & balance
34	Increases longevity by becoming metabolically younger	84	Reduces severity of asthma with better lung function
35	Reduces "Bad" cholesterol levels	85	Can relieve tension headaches
36	Increases sense of well being	86	Can lessen medical bills as you wont get sick as often
37	Increases resistance to pain by elevating endorphin	87	Reduces anxiety, because you worry less with a healthy body
38	Increases sense of excitement by elevating epinephrine	88	Helps your performance at work & make better decisions
39	Alleviates boredom by having something to do!	89	Allows you to stay independent as you get older!
40	Feels good & lasts for several hours!	90	Can keep health care insurance premiums lower
41	Improves skin tone & colour, reflecting a healthier body	91	Improves & sharpens memory
42	Improves sleeping patterns	92	Helps to control addictions
43	Helps prevent strokes	93	Boosts productivity because you have more energy!
44	Improves muscle strength	94	Boosts creative thinking
45	Alleviates anxiety by using energy for exercise	95	Improves body image, you will physically look better
46	Uses muscles & increases their efficiency	96	Improves speed of muscle reaction time prevents falls
47	Helps maintain cartilage health in the joints	97	Improves skin as impurities are removed with sweat
48	Eases muscular tension	98	Burns & removes toxins from body
49	Alleviates back problems with stronger trunk muscles	99	Increases blood flow to the brain & you feel less tired
50	Increases muscle flexibility & agility	100	Helps you get more out of living life well!