A GOOD DOSE OF EXERCISE

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People today are well informed about the benefits acquired with physical activities especially routine exercises. People spend times at gyms for weight lifting and equipment aided activities. Others enroll to Zumba classes, aerobics, or just simply jogging around the block. One of the benefits we get through exercise is being fit physically decreasing the risk of getting sick especially those connected to cardiorespiratory diseases.

Studies show that majority of youth today suffer from diseases due to lack of exercise. Such diseases are connected to lifestyle, poor diet, immobilization, and lack of physical activities. Exercise is one of the best ways to prevent getting sick. It is highly advisable to engage in any form of exercise. However, exercise should follow the necessary principles to achieve goal towards fitness, if not, time and efforts will only be wasted.

What are the benefits of exercise?

1. It develops muscular strengths and endurance.
2. It improves flexibility and agility.
3. It relieves tensions, stress, and anxieties.
4. It provides physical and mental fitness.
5. Enhance social, emotional, and even cultural aspects.

The adage “Health is Wealth” best sums up all of these. It’s never too late to engage in an exercise no matter how simple it may be. If done for at least three times a week, we can ensure a healthy mind and a fit body.
References:

Center for Disease Control and Prevention (CDC), (2020), Benefits of Physical Activity, retrieved from https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm