

Why women of all ages must exercise

Though both men and women can benefit immensely from exercise, increasingly researchers have been finding that women are more in need of exercise than men. Many women lead largely sedentary lives and thus are completely out of shape.

Often, women do not find the time to exercise due to work pressures, family demands and other constraints, no matter how important. But there are many compelling reasons for women to exercise, regardless of their age, such as:

For weight control: By increasing your physical activity and becoming more active, you will burn more calories and lose weight. You can also do some fun activities or exercises that will help you melt all your extra weight off and lead an active life.



<http://prahaar.in/wp-content/uploads/2012/09/woman-exercising>.

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Prevention of diseases and medical conditions: By leading a physically active life, you can prevent contracting high blood pressure, heart disease, depression, cancers including colon cancer, and diabetes. If you exercise regularly, you can increase your body metabolism and your immunity and lead a healthy life.

Prevention of osteoporosis: By exercising regularly, your bones are strengthened and you can prevent the onset of osteoporosis. Exercise also helps women deal with painful periods, premenstrual tension symptoms and related issues.



It improves your mood and perspective on life: By exercising, you stimulate several chemicals in the brain. When released, these feel good hormones help you feel happy and relaxed. You also become more confident and have good self-esteem.

It increases body energy: If doing things around the house tires you out, you can get over this tired feeling by exercising. Exercise makes you more energetic and you also get the benefit of having a healthy and positive perspective to life. As the effects of exercise begin to show on you, you

will be able to do the most difficult tasks without being exhausted.