

5 best exercises for women

Many people realise the importance of exercising only after they have put on excess weight. It is then that they start working out seriously to get rid of that extra weight. However, exercising daily will not only help in keeping away those extra pounds, but will also help you to maintain an overall health. A routine exercise of at least 150 minutes a week is a must for every woman to stay fit and active and toned as well. Here we have a list of 5 best exercises along with their benefits for maintaining a [women's health](#).



Push ups: this exercise is on the top amongst total body exercises, as it involves the exercising of your upper body, core and lower body, all together. If you have weak flabby arms and chests then incorporating push ups in your daily regimen will not only work for your arms and chest but will also tighten up your shoulder, triceps, back, and abs. It requires no special equipment or training and is considered one of the most convenient exercises. Many women have a weaker upper body due to various ailments they may suffer. Including daily push ups in your fitness regimen will make your upper body, including the pectoral muscles, shoulders and chest stronger.

Squats: another exercise included in the list of total body

exercise is the squat. It might seem while performing it, that only your lower body is worked out. However, several body parts including your core, quads, hamstrings and calves are also exercised. Your core body is relied upon when executing a squat making it strong. Squats help in toning your overall body and burning calories. This exercise also helps in improving your cardiovascular system keeping your heart healthy and strong.



Pull ups or chin-ups: considered an advanced set of exercises, pull-ups or chin-ups are the best strengthening exercises for a woman. A wide overhand grip or pull up will work out for your upper body muscles making them strong while a narrow reverse grip or a chin up will show a greater effect on the biceps. This exercise is again beneficial for the cardiovascular muscles.

Walking or running: walking or running is the best exercise for an overall fitness. While walking can keep the heart healthy and improve mood, running can help burn the body fat that can cause trouble in later stages. These exercises, specifically running, help to fight cancer and boost energy. It also helps in improving the joints and reduces the risk factor of osteoarthritis. Running as well as walking increase the flow of oxygen throughout your body and also flush out toxins.



Yoga: involving yoga practice in your exercise schedule will help you in attaining a stress free life. This exercise works for each and every part of the body and mind as well. You can get a glowing skin and a better sleep. Yoga will help you in enhancing your mood and will keep you energized.