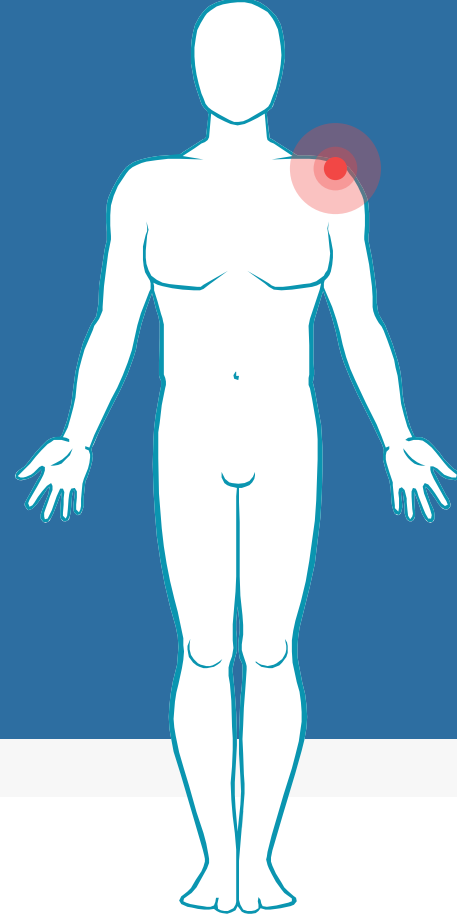


On-Call

Digital Resources

The Benefits of Exercise



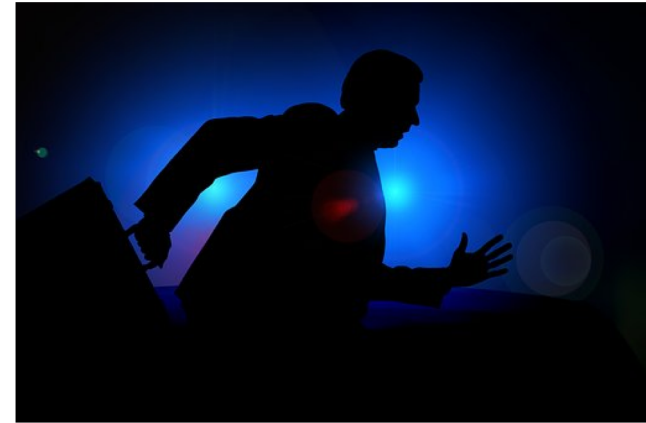
Benefits of Exercise

- Less Stress
- Strengthens bones
- Helps us relax
- Weight loss and management
- Improves heart health!



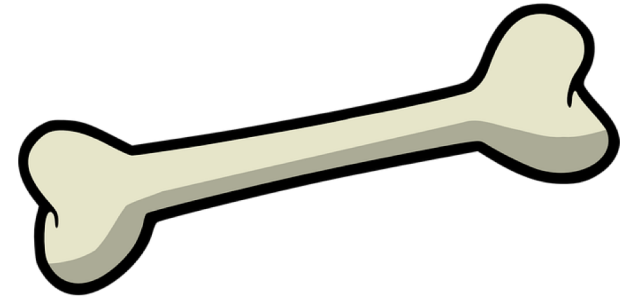
Benefit 1: Less Stress

- When your mind is focused on exercise, you can forget all other worries you may have.
- Exercise is a great way to escape from the stress of work and other commitments and to “switch-off” for the duration of your work-out.



Benefit 2: Strengthens bones

- Regular exercise can strengthen your bones and muscles.
- Regular exercise can also help to prevent problems in bones like osteoporosis.



Helps us relax

- When we exercise, our bodies release endorphins which are natural mood enhancers.
- Endorphins play a role in the brain's natural reward system.
- These 'feel good' chemicals released after exercise can help us to feel more relaxed.



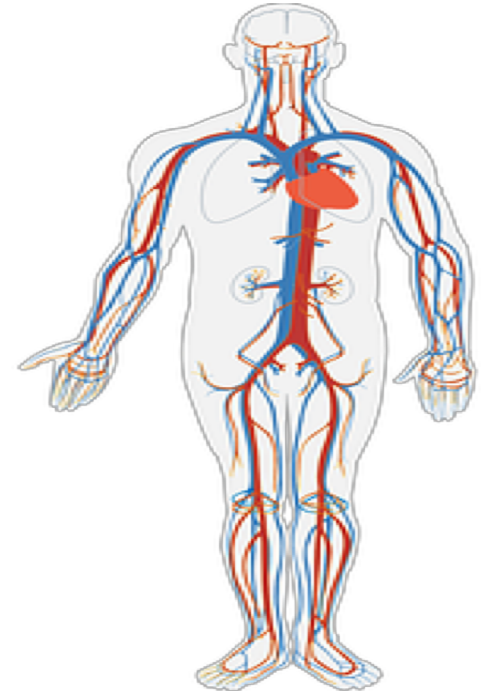
Weight loss and management

- Exercise is an essential part in maintaining a healthy weight.
- While exercise can be a good boost to people seeking to lose weight, it can also be used to regulate calorie intake and burning so that people can maintain a healthy weight.



Improves heart health

- Your heart is a muscle and it needs to be worked out like all other muscles in the body – exercise helps this!
- Regular exercise can prevent heart problems by lowering cholesterol.
- It can regulate blood flow.
- Exercise can also increase the absorption of oxygen in the muscles.





Erasmus+

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.