

## 50 Benefits of Regular Exercise

By Ron McLaughlin

Covert Bailey, outstanding nutritionist from MIT, once said, " If exercise were a pill, it would be the mostly widely prescribed medicine in the world." We can never overestimate the benefits of what exercise does for us in every facet in our lives. One of the best books I have ever read on the subject of exercise and nutrition is Younger Next Year, by Dr. Henry Lodge and Chris Crowley. It was a New York Times best seller several years ago. Listed below are just a few of the benefits that come our way when we take time to put our bodies in motion.

- 1 Releases endorphins and improves mood.
- 2 Reduces your resting heart rate.
- 3 Improves glucose metabolism.
- 4 Increases lean body mass.
- 5 Reduces your blood pressure.
- 6 [Boosts metabolism](#) and enables more calorie burning when at rest.
- 7 Improves cholesterol levels.
- 8 Improves [insulin sensitivity](#).
- 9 Increases longevity.
- 10 [Increases mitochondria](#) for more efficient fat burning.
- 11 Reduces the workload on the heart.
- 12 Increases blood supply to the brain and muscles.
- 13 Stimulates bone growth and improves bone strength and density.
- 14 Helps prevent obesity.
- 15 [Boosts testosterone](#) production, and increases sex drive.
- 16 Improves balance.
- 17 Improves sleep quality.
- 18 Improves flexibility through increased mobility.
- 19 Improves muscular and cardiovascular endurance.
- 20 Enhances immune function.
- 21 [Increases thyroid](#) hormone.
- 22 Improves your day to day functional strength.
- 23 Reduces your risk of cardiovascular disease.
- 24 Increases self-esteem and self-confidence.
- 25 Makes you look younger.
- 26 Improves posture.

- 27 Effectively manages type II diabetes.
- 28 Protects against injury.
- 29 [Increases growth hormone](#) levels.
- 30 Helps prevent muscle loss when losing weight.
- 31 Makes you [stronger](#).
- 32 Improves V02 max.
- 33 Gives you stronger ligaments, tendons, and joints.
- 34 Improves cognitive function and memory.
- 35 Increases lung capacity.
- 36 Helps relieve arthritis pain.
- 37 [Lowers body fat](#) levels.
- 38 Improves recovery times when rehabbing injuries.
- 39 Reduces your risk of breast and colon cancer.
- 40 Improves energy levels.
- 41 Makes you more productive and efficient at work.
- 42 Effectively [treats anxiety](#) and depression.
- 43 Helps you become a [better fat burner](#).
- 44 Decreases blood triglycerides.
- 45 Helps foster new and healthy relationships.
- 46 Helps [control food cravings](#).
- 47 Improves [leptin resistance](#).
- 48 Makes you happier.
- 49 Can help you quit smoking.
- 50 Makes you a positive role model for family and friends.

Younger Next Year, A Guide to Living Like 50 Until You're 80 and Beyond by Chris Crowley & Henry S. Lodge, M.D.