

20 Reason Why You Should Workout

By Michael Stefano

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With all we now know about the benefits of exercise, it's hard to believe more Americans don't workout. It's the closest thing yet to the fountain of youth, and truly the ONLY way to change the appearance, shape, and strength of your body. In addition, the health benefits associated with an intelligently orchestrated strength, flexibility and cardiovascular training program can add quality years to your life.

Everyone exercises for different reasons. But no matter your initial motivation, you still get ALL the benefits. Below is a list of 20 reasons why you should workout. If you can find even one benefit on this list, you'll have enough reason to begin an exercise program and take steps to take care of yourself.

Regular exercise can...

Help you lose weight, especially fat

Improve your physical appearance

Increase your level of muscular strength and endurance

Maintain your resting metabolic rate to prevent weight gain

Increase your stamina and ability to do continuous work

Improve fitness levels, or your body's ability to use oxygen

Provide protection against injury

Improve your balance and coordination

Increase bone mineral density to prevent osteoporosis

Lower resting heart rate and blood pressure

Lower Body Mass Index (BMI), your fat to height ratio

Reduce triglycerides, bad cholesterol (LDL), raises good cholesterol (HDL)

Enhance sexual desire and performance

Reduce heart disease risk and stroke

Reduce the risk of developing certain types of cancer

Increase insulin sensitivity, prevents type 2 diabetes

Reduce your level of anxiety and help you manage stress

Improve function of the immune system

Improve your self-esteem and restore confidence

Help you sleep better, relax, and improve mood

About the Author

Michael Stefano: Author of The Firefighter's Workout Book, Not Just For Firefighters! Special Offer: Lose weight and get in the shape of your life with the FREE Train For Life Newsletter, as well as customized workouts for both men and women.

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