



## FITNESS

# 7 REASONS TO KEEP EXERCISING IN WINTER

### 1. Strengthens your heart

Regular physical exercise raises your heart rate and helps to prevent hardening of the arteries, which can lead to heart disease and stroke. It also lowers your resting heart rate, allowing your heart to pump more blood per beat.

### 2. Reduces cholesterol

Exercise increases levels of HDL, good cholesterol, and reduces circulating levels of triglycerides, the free fatty acids found in the blood.

### 3. Reduces risk of diabetes

By increasing insulin sensitivity, exercise protects against type 2 diabetes. It also lowers your risk of developing colon and breast cancer, helps to relieve and prevent migraines and PMS, and reduces the likelihood of a difficult menopause.

### 4. Makes your lungs more efficient

Exercise improves your body's ability to take in oxygen and deliver it to your working muscles. Aerobic exercise improves blood flow and oxygenates the skin so that it maintains a healthy glow, stays firmer, and doesn't age as fast.

### 5. Makes your muscles and bones strong

Exercise helps improve muscle strength and endurance. It improves stamina, maintains your bone mineral density to prevent osteoporosis, and can ease the pain of arthritis. It also improves joint integrity and can improve your balance and coordination. In addition, a fitter body has a better capacity to recover.

### 6. Improves your mental health

Regular exercise reduces stress and anxiety. It decreases the likelihood that you will suffer from depression or insomnia. Feeling fitter boosts your self-esteem and confidence.

### 7. Has social benefits

The fitter you are, the more sporting options you'll have. You can enjoy a range of challenging activities. Taking up new activities will inevitably bring you into contact with new people, and working out or playing sports with friends transforms the experience into a social event.

Experts recommend that healthy people do at least 30 minutes of moderate intensity exercise on most days of the week.