EXERCISE

According to some surveys, less than 25% of the United States population exercises routinely. It's no wonder that we've become an unhealthy nation, considering the predominance of poor eating habits, lack of sleep, constant mental/emotional stress, and little or no exercise. One of the most effective ways to release tension, promote fat burning, improve immune function, and maintain balanced energy levels is by exercising.

This old saying is true about the body: "If you don't use it, you'll lose it." Your body was made to move, not to be sedentary. Movement is one of the keys to life and health. When you exercise, your breathing improves, bringing increased oxygen to your cells. Deep breathing and exercise move your lymphatic system and cerebral spinal fluid, the fluidity of each being extremely important to immunity and nerve health. All of your body's fluids are designed to be in motion. Any and all exercise helps that process. The exercise doesn't have to be intense; one of the best forms of exercise is walking.

The following definition of exercise is from the American Medical Association Encyclopedia of Medicine: "The performance of any physical activity that improves health or that is used for recreation or correction of physical injury or deformity." Different types of exercise affect the body in one or more ways. Some improve flexibility, some improve muscular strength, some improve physical endurance, and some improve the efficiency of the cardiovascular and respiratory systems. (1)

Exercise Balancer Virtual Items

Balance Exercises
- 25.03 **Tai Chi**
- 5.64 **Balance Training**
- 3.24 **Yoga**

Endurance
- 5.52 **Hiking**
- 5.46 **Sports Activity**
- 4.54 **Swimming**

Flexibility Exercises
- 15.10 **Foam Rolling**
- 4.25 **Massage Therapy**
- 3.24 **Yoga**

Strength Exercises
- 18.36 **Circuit Training**
- 5.02 **Plyometrics**

Bibliography:

1. "Exercise." CoreOneHealth. http://www.coreonehealth.com/exercise

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