

## The Benefits of Exercise

Many experts believe that regular exercise is the single most important thing anyone can do to improve overall health and well-being. New studies show that aerobic activity increases levels of brain chemicals that encourage the growth of nerve cells, which may be the reason moderately strenuous exercise is associated with enhanced memory skills.

Some ways that exercise can help retain mental capacity include:

- Reducing anxiety and stress
- Improving mood and possibly alleviating depression
- Improving sleep
- Increasing energy levels
- Slowing the rate of bone loss
- Enabling the body to use insulin more efficiently
- Improving cardiovascular health
- Controlling weight and preventing obesity



The National Institute of Aging suggests incorporating four types of exercises into your life. Endurance exercise, such as walking, helps increase stamina. Strength exercise, with free weights or resistance weights, increases metabolism and may help prevent osteoporosis. Flexibility exercise, such as stretching or yoga, prevents and aids recovery from injuries. And balance exercises, such as standing on one foot, help prevent falls.

By following these basic tips, as well as any advice from your physician related to any specific health conditions, it is possible to live well in old age as opposed to just living into old age.

Source: Fit & Lab Living online