

# Forty Good Reasons to Exercise

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1. To increase your endurance
2. To make you less susceptible to disease
3. To strengthen your heart muscles
4. To improve your complexion
5. To reduce tension and enable you to handle stress more effectively
6. To help you lose weight and keep it off
7. To improve your circulation
8. To lift your spirits
9. To improve your sleep
10. To clear your mind and make you more alert by stepping up the flow of blood to the brain
11. To relieve depression
12. To elevate beta-endorphin levels in your blood, which helps to relieve pain
13. To cause your nervous system to function more efficiently
14. To increase self-esteem, confidence, and a feeling of self-worth
15. To ease your heart's work load by causing your muscles to use oxygen more efficiently
16. To relieve menopausal symptoms
17. To relieve tension headaches
18. To ease back problems by strengthening stomach muscles as well as muscles of the lower back
19. To reduce neck and shoulder pain
20. To purify your blood by increasing the oxygenation level and elimination of waste products
21. To aid your digestive process
22. To help retard premature aging
23. To increase flexibility
24. To ease menstrual cramps
25. To reduce varicose veins
26. To help relieve arthritis
27. To cut addictive cravings
28. To decrease cholesterol, decrease fat stores, and increase HDL (good) cholesterol
29. To relieve hypertension
30. To balance your metabolism
31. To help you lose inches
32. To improve your posture and general appearance
33. To eliminate chronic fatigue
34. To give you strength
35. To reshape your body to fit more attractively into your clothes
36. To help prevent constipation
37. To stimulate processes of absorption and elimination
38. To improve your mood
39. To cause your bone marrow to increase production of red cells and increase the volume of blood
40. To help you regulate an out-of-control appetite