



## 7 Social Benefits of Exercises

Too many brand endorsements, ads, parents and even our friends are instigating us for exercises. What we didn't know is that exercise not only does good to our body, but also to our social circle. Regular exercise helps in reducing chronic illnesses like metabolic syndrome, type 2 diabetes, stroke, high blood pressure and even reduces mental agony like anxiety, depression and many more.

However, if your motivation is at a glitch, call for your gym mate from your fitness group. Motivation is a huge social benefit when you are with a group of like minded people. Besides, socialising with new people also does good to your mental health and social life.

Listed below are the [7 social benefits of Exercise](#) that you don't want to miss out on.

1. Self reliability Increases.
2. Remembering things on point.
3. Makes you adjustable to new environments.
4. Happy friends make you a happier person.
  
5. It is helpful in meeting like-minded individuals
6. It Motivates you
7. Keeping out of negative vibes.