



# How can regular exercise improve your health

There is no doubt, the secret to better health is of course regular exercise. Most people overlook exercise as a [weight loss program](#), but actually there are myriad benefits with [online fitness coach](#). Moreover, from each new research, experts are discovering amazing advantages from regular exercise.

Did you know exercising regularly for at least 30 minutes a day adds more healthy years to your life? Also, one who exercises regularly is less prone to chronic diseases, strokes, and depression. It promotes physical, mental and emotional well-being. Thus results of regular exercise or physical activity are always beyond what you see. It helps teens and kids to grow stronger, adults to promote their overall life and seniors to stay young.

As there are many awesome health benefits with regular exercise, it doesn't mean you should need to go to the gym or join an [online yoga class](#) to exercise. You could do it at your living room, [home gym](#) or even on your way to the office or in the office (we'll get into that in a couple of seconds). In fact, your regular exercise need not necessarily be a perfect schedule with strict timings, it can be a part of your daily integral routine like brushing and eating.

But however, every exercise session should consist of 5 elements including warm-up, [aerobic fitness](#), resistance or strength training, flexibility stretches and cool down. Following this proper order not only gives you the best results but also prevents you from injuries and overburns. So, before you expect any results make sure your exercise routine consists of these five components. Now, let's see how an exercise plan contributes to your good health and blesses you with amazing benefits. But before that let's see the advantages of regular exercise quickly.

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### Benefits of regular exercise:

- Increases lifespan
- Strengthens muscles
- Helps in weight loss
- Fights chronic diseases
- Improves heart functioning
- Increases bone strength
- Boosts immunity
- Provides mobility & flexibility
- Promotes memory
- Lowers stress
- Improves cognitive ability
- Balances blood pressure
- Flushes out toxins from the body
- Clears your skin through sweat
- Pushes your energy levels up
- Improves sleep
- And the list goes on

Now that you know what are the health benefits of doing regular exercise. So, let's get into how a daily fitness routine at the gym or [workout at home](#) can boost your health.

### **Warmup**

Warm-up exercises such as walking, low-intensity jogging, slow biking etc. increase your blood flow and heart rate up. You can either prefer outdoor walking and jogging or walking on a treadmill and exercising on a stationary bike. This makes you ready for the actual exercise and reduces the risk of injury.

#### **Aerobic workouts:**

Aerobic exercises involve cardiovascular workouts such as swimming, brisk walking, jogging, cycling, [dancing fitness](#), running, squats, jumping jacks, burpees, HIIT, and so on. These help you fight obesity, heart diseases, type 2 diabetes, strokes, few types of cancer, high blood pressure etc.

You can either do these [exercises at home](#) for 30 minutes a day with low to moderate intensities or at least 10 minutes with high-intensity.

In case if you run short of time for working out, then try cycling to your office, or do burpees while you watch TV or take stairs instead of the lift. Thus you can at least give some physical activity to your body and keep it active.

#### **Resistance or strength training**

Strength training makes you stronger, cuts fat, and improves your muscle mass and bone health. You can workout for 15-45 minutes twice a week with weight bars, dumbbells, and resistance bands to improve your core strength.

#### **Flexibility exercises**

Practicing flexibility exercises after strength training helps your muscles to relax as you stretch them. These help in preventing stiffness in joints, injuries and even eases back pain. You can perform yoga, tai chi or normal stretches holding each pose for 10 seconds. The stretching workouts improve the mobility and flexibility of your body.

#### **Cooldown**

Finish your regular workout session with a cool down. You do not need to pay too much attention to it, you can just repeat the exercises you did for the warm-up. But still, the cooldown is important as it is important to bring your heart rate, body temperature and blood pressure to normal.

#### **Bottom Line**

Thus, in a nutshell, regular exercises not only help you to achieve your [fitness goals](#) but also improve your physical and mental health amazingly. Eat the right food, drink plenty of water, keep exercising regularly, and you will gradually see a sparkle within you. As exercise not only changes your body and mind, it also changes your attitude and mood.