

BENEFITS OF EXERCISE

The benefits of exercise are countless, and if you are aspiring to live a long healthy life, exercise is considered a necessity, after all - your body is designed to move. The following exercises are provided for you to do from home should you not be able to attend the gym.

Exercise for the following benefits.

- Reduces stress.
- Decreases the risk factors involved in many life-threatening diseases including coronary heart disease and type II diabetes.
- Prevents injury.
- Promotes increased levels of strength, flexibility and endurance.
- Promotes new muscle growth.
- Speeds up your metabolism.
- Improves body composition.
- Improves mental focus.
- Builds self-confidence.

Exercise is a vital component in a balanced lifestyle. We use exercise to put our muscles in motion, making them stronger by doing so. Once our muscles are in motion, they need energy to keep them moving, they derive this energy from stores in our body. Using these stores raises our metabolism which dictates the speed at which we burn fat. One kilogram of lean muscle burns about 15 to 23 calories per day just to exist. Compare this with fat, which burns less than 1.3 calories per day, and you can start to see the important role muscle plays in creating and maintaining a desirable body composition.

A balanced exercise programme contains a mix of resistance training (to build and maintain lean muscle) and cardiovascular training (to improve fitness and burn calories). We build the muscles through body weight training then we put them in motion with cardio - a perfect calorie burning balance.