

100 Ways Exercise Will Enrich the Quality of Your Life • By Susan Smith Jones, Ph.D.

1. Increases your self confidence and self esteem
2. Improves your digestion
3. Helps you to sleep better
4. Gives you more energy
5. Adds a sparkle and radiance to your complexion
6. Enhances your immune system
7. Improves your body shape
8. Burns up extra calories
9. Tones and firms up your muscles
10. Provides more muscular definition
11. Improved circulation and helps to reduce blood pressure
12. Lifts your spirits
13. Reduces tension and quells stress
14. Enables you to lose weight and keep it off
15. Makes you limber
16. Builds strength
17. Improves endurance
18. Increases the lean muscle tissue in your body
19. Improves your appetite for healthy foods
20. Alleviates menstrual cramps
21. Alters and improves muscle chemistry
22. Increases metabolic rate
23. Enhances coordination and balance
24. Improves your posture
25. Eases and can possibly eliminate back problems and pain
26. Alters how your body uses calories, now more efficiently
27. Lowers your resting heart rate
28. Increases muscle size through an increase in muscle fibers
29. Improves the storage of glycogen
30. Enables your body to utilize nutrients more efficiently
31. Increases the enzyme in the body which burn fat
32. Increases the number and size of mitochondria in each muscle cell
33. Strengthens your bones
34. Increases the concentration of myoglobin which carries oxygen in muscles in skeletal muscles
35. Enhances oxygen transport throughout the body
36. Improves liver functioning
37. Increases speed of muscle contraction and therefore reaction time
38. Enhances feedback through the nervous system
39. Strengthens the hears
40. Improves blood flow through the body
41. Helps to alleviate varicose veins
42. Increases maximum cardiac output due to an increase in stroke volume
43. Increases contractility of heart's ventricles
44. Increases the weight of the heart
45. Increases heart size
46. Improves contractile function of the whole heart
47. Makes calcium transport in the heart and the entire body more efficient
48. Deters heart disease
49. Increases the level of HDL

50. Decreases the level of LDL
51. Decreases cholesterol
52. Decreases triglycerides
53. Increases total hemoglobin which carries the red blood cells
54. Increases alkaline reserve which is a buffering capacity of the blood
55. Improves the body's ability to remove lactic acid
56. Improves the body's ability to decrease heart rate after exercise
57. Increases the number of open capillaries during exercise as opposed to rest
58. Enhances the functioning of the cardiovascular system
59. Enhances the functioning of the cardiorespiratory system
60. Improves breathing efficiency
61. Increases inspiratory capacity
62. Improves oxygen consumption
63. Improves bone metabolism
64. Decreases the chance of osteoporosis development
65. Improves the development and strength of connective tissue and ligaments
66. Is inversely related to death from cancer
67. Improves resistance to infectious disease
68. Reduces anxiety and tension
69. Enables you to relax more quickly and completely
70. Alleviates depression
71. Improves emotional stability
72. Enhances clarity of the mind
73. Makes you feel good
74. Increases efficiency of your sweat glands
75. Improves your body composition, more muscles, less fat
76. Improves your agility, helps to prevent strains and sprains
77. You can get an endorphin buzz!!!!!!!
78. Alleviates constipation and hemorrhoids
79. Enables you to meet new friends and develop fulfilling relationships
80. Gives you a greater appreciation for life as a result of feeling better about yourself
81. You are better able to enjoy all types of physical activities
82. Your clothes will look better on you
83. Improves athletic performance
84. Enriches sexuality
85. May add a few years to your life!
86. Reduces joint discomfort
87. Increases your range of motion
88. Gives you a feeling of control over your life
89. Stimulates and improves concentration
90. Brings color to your cheeks
91. Decreases your appetite for an hour or two after workouts
92. Gets your mind off of irritations
93. Great way to enjoy nature and the outdoors
94. Reduces or precludes boredom
95. Increases your ability to solve problems that may have caused you great stress
96. Gives you a clearer perspective on ideas, issues, problems, challenges
97. Provides an opportunity to learn a new sport, join a new team
98. Improves the way you walk (gait)
99. Provides the opportunity to do and learn something new
100. Affords you the opportunity to experience your fullest life potential!