



THE IMPORTANCE OF EXERCISE.

Why is physical fitness necessary? 🧠

- Helps in weight loss.
- Reduces health risks.
- Strengthens bones and muscles.
- Helps live longer
- Increase energy levels.
- Stress buster
- Improves sleep and quality of life.



When and how much to exercise? 🏃‍♀️

- Exercise can be done at any hour.
- An exercise in the early morning can help burn more fat.
- Exercising in the evening can increase your flexibility.
- Moderate aerobic exercise should be done at least 150 minutes per week.
- Vigorous exercise should be done 75 minutes per week.
- It is also recommended to practice flexibility exercises thrice in a week.



Mental Fitness and Exercise: 🧠

- Mental Fitness is just as important as physical fitness. Mental Fitness can help sharpen your mind and think positive.
- Reading, doing hobbies, getting involved in good conversations and a good night's sleep can improve your mental Fitness.
- Exercise improves mental health by reducing depression, anxiety and loneliness.



Exercise not only changes your body. It changes your mind, your attitude and your mood.

How to exercise

