

MARK'S CORNER

10 Benefits Of Exercise For Women



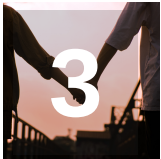
IMPROVE YOUR HEART HEALTH

Regular exercise gets the heart pumping and the great news is that physical activity reduces the risk of developing heart disease. It doesn't have to be high intensity but women who do not exercise are twice as likely to die from cardiovascular disease.



REDUCE YOUR DEMENTIA RISK

Exercise just makes you feel good and based on the latest research from The Alzheimer's Society, regular physical activity is also top of the list for the prevention of dementia. Any exercise that raises your heart rate so you get a bit out of breath, is good for the mind and the soul.



IMPROVE YOUR SEX LIFE

What better reason to get moving than adding shine to a lackluster libido? Not only does a more toned physique give you a boost in confidence but you'll feel more energized and uplifted too. Regular aerobic and resistance training will have a physiological and psychological effect on your sex drive.



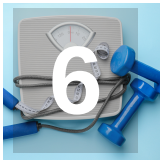
PREVENT MUSCLE LOSS & AGEING

The popularity of classes like HIT, Spin and Circuit training bear out how good high-intensity programs make you feel. Researchers at the Mayo Clinic discovered that regular high intensity interval workouts improved the function of and in some cases reversed the aging process of cell function.



IMPROVE DIGESTION

The Gastroenterological Society of Australia says cardiovascular exercise strengthens the muscles of the abdomen and stimulates the intestinal muscles to move contents through the digestive system. Exercise slows down the digestion system to conserve energy for the muscles.



KEEP WEIGHT DOWN

It's a dilemma that faces everyone at one time or another: a reduced intake diet alone is not survivable! At some point, calories must be reduced another way. Adding an exercise regime to a controlled eating plan is the most effective way to meet slenderness head on.



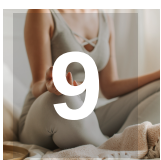
REDUCE STRESS, DEPRESSION & ANXIETY

A regular increase in heart rate gives instant access to the most effective pain medication and anti-depressants available. Endorphins, the receptors in your brain that reduce your perception of pain, but they can also provide a positive feeling in the body is similar to that of morphine.



ENHANCE MENTAL PERFORMANCE & WORK PRODUCTIVITY

Stamina, muscle strength and endurance are all improved through a regular exercise program. Regular exercise also delivers oxygen to your tissues, which helps your heart and lungs function better, leading to more energy for you and the ability to target greater focus.



REDUCE CELLULITES

Moving from pose to pose in yoga helps increase circulation and the flow of lymphatic fluid. The fat cells that make up cellulite tend to stay put when your blood and lymphatic, or waste, fluids don't flow smoothly through your body.



IMPROVE YOUR SKIN

Your skin will only thank you for every flush of oxygenated blood pumped through your body, which boosts detoxification and cell renewal. So any increase in circulation will pay dividends in skin vibrancy.