

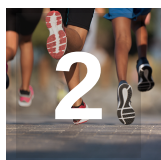
MARK'S CORNER

Aerobic exercise: Top 10 reasons to get physical



KEEP EXCESS POUNDS AT BAY

Combined with a healthy diet, aerobic exercise helps you lose weight and keep it off



INCREASE YOUR STAMINA, FITNESS & STRENGTH

You may feel tired when you first start regular aerobic exercise. But over the long term, you'll enjoy increased stamina and reduced fatigue.



WARD OFF VIRAL ILLNESSES

Aerobic exercise activates your immune system in a good way. This may leave you less susceptible to viral illnesses, such as colds and the flu.



REDUCE YOUR HEALTH RISKS

Aerobic exercise reduces the risk of many conditions. These conditions include obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, help lower the risk of osteoporosis.



MANAGE CHRONIC CONDITIONS

Aerobic exercise may help lower blood pressure and control blood sugar. It can reduce pain and improve function in people with arthritis. It can also improve the quality of life and fitness in people who've had cancer. If you have coronary artery disease, aerobic exercise may help you manage your condition.



STRENGTHEN YOUR HEART

A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.



KEEP YOUR ARTERIES CLEAR

Aerobic exercise boosts your high-density lipoprotein (HDL), the "good," cholesterol, and lowers your low-density lipoprotein (LDL), the "bad," cholesterol. This may result in less buildup of plaques in your arteries.



BOOST YOUR MOOD

Aerobic exercise may ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation. It can improve your mental well-being and your self-esteem. It can also improve your sleep.



STAY ACTIVE & INDEPENDENT AS YOU AGE

Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Exercise can also lower the risk of falls and injuries from falls in older adults. And it can improve your quality of life.



LIVE LONGER

Studies show that people who participate in regular aerobic exercise live longer than those who don't exercise regularly. They may also have a lower risk of dying of all causes, such as heart disease and certain cancers.