

8 REASONS TO BE MORE ACTIVE

1

Boosts your Confidence

Although appearance isn't everything being more active can improve the appearance of your body which will help you feel more confident about yourself.

2

Improves Brain Performance

Being more active increases blood flow, ensuring the brain is provided with essential nutrients such as glucose and oxygen. This helps to improve concentration, memory and even your problem-solving ability.

3

Strengthens the Immune System

Exercising on a regular basis can strengthen your immune system, so you are less likely to become ill. Exercising is said to be more powerful than pills at lowering the number of sick days people take.

4

Improves your Mental Health

Exercise is a great mood booster. In fact, exercise releases endorphins into the body, and endorphins make you feel happy. This in turn is proven to reduce anxiety and depression.

5

Extends Life Expectancy

Regular exercise has been proven to decrease and even reduce the risk of many health issues such as high blood pressure, high cholesterol, heart disease and even some cancers.

6

It can be Fun and Enjoyable

Find an exercise or sport that you really enjoy, this way it is more likely to become a regular occurrence. Consistency and regularity is key. Try to be more active today.

7

Increases Metabolic Rate

The more active you are the more calories you burn plus this will increase your metabolic rate. Having a high metabolic rate means you can burn more calories whilst not doing any exercise at all.

8

Reduces Risk of Injury

Exercising regularly builds up strength and muscle, meaning the chances of injury significantly decrease. It can help with the balance & coordination too.