

# The Major Health Benefits of Working Out

## Description

Physical activity is scientifically proven to be highly beneficial to the human body. However, research shows that less than 50% of adults engage in dedicated exercise. This has led to an increase in health hazards globally. Common illnesses that result from not exercising are heart-related problems and stroke. Working out is fundamental in boosting your health, which is why many people get a [home gym](#) installed. Since I took fitness seriously, I have been in good physical condition. Major health benefits I have enjoyed because of workouts include:

## Controlling Weight

When I started working out nine years ago, my main goal was to cut weight. I would watch my diet and strictly watch the workout routine. I started with 328 pounds and had an aim of getting below 220 pounds. To reach my target, I had to hit the gym. Consistent workouts helped me burn calories and subsequently lose weight. Currently, I weigh 200 pounds, a figure that makes me feel confident and fit. To maintain this weight and keep healthy, I still exercise frequently.

## Reduces Risk of Heart Illnesses

During the time I weighed 328 pounds, I did some research on the risks arising from being overweight. Heart problems could lead to a heart attack which became a big scare. Excess weight also affects blood pressure. To prevent this from happening, I took to exercising. Working out has a lot of benefits to the heart. It leads to increased blood flow which increases the oxygen supply in the body. Working out is beneficial because it helps keep such illnesses at bay.

## Helps Improve the Mental Health

Mental health issues are on the increase in today's world. To counter such illnesses, medical practitioners advocate for people to do exercise. Exercise helps me relax my mind by giving me a break from real-life problems. Research shows that workouts make the body release chemicals to boost a person's mood, thus relieving stress. This has helped my mental health by reducing the risk of falling into depression.

## Strengthens the Bones and Muscles

A strong body contributes to good health. Workouts help in building muscles and strengthening bones. I engage in a lot of muscle-building exercises. Looking at my physique, I can note some improvement in terms of strong muscles. I feel my joints get better thanks to the workouts.

## Boosts Immunity

Exercise has a positive impact on the body's immune system. A strong and healthy body is good for fighting against diseases. With a healthy body, one stands a higher chance of good well-being because the body is able to fend off illnesses. Since I started working out, I have lived a healthy life. I have not visited the hospital due to illness apart from when attending for routine check-ups.

## The Body Can Manage Blood Sugar and Insulin Levels

Blood sugar and insulin level problems put a person at risk of illnesses like metabolic syndrome and type 2 diabetes. Doing exercises helps to make the insulin work well and lower the blood sugar level, therefore, reducing the risk of getting ill. One can do exercises as a precaution and as an action to manage existing problems.

## Improve Quality of Sleep

Good health, as noted by [many experts](#), is a result of many factors, sleep being among them. Working out helps me improve the quality of sleep and thus aiding good health. Anytime I do exercises, I am sure of getting sound sleep.

The importance of exercise to the human body cannot be overstated. While exercising may be punishing sometimes, the results are always rewarding. You do not have to begin with heavy exercises to reap these benefits. Starting slowly and growing gradually is always a sure way towards a happy life.

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