

Benefits of winter exercise



During the winter months most of us start to feel fatigued and drawn to the idea of hibernating until the cold days have passed. But don't give in because not only can an exercise regime improve your health, it can also go a long way to preventing the onset of several life-threatening conditions.

- ***Strengthens your heart***

Regular physical exercise raises your heart rate and helps to prevent hardening of the arteries, which can lead to heart disease and stroke. It lowers your resting heart rate, allowing your heart to pump more blood per beat.

- ***Reduces cholesterol***

Exercise increases levels of HDL, good cholesterol, and reduces circulating levels of triglycerides, the free fatty acid found in the blood.

- ***Reduces risk of diabetes***

It increases insulin sensitivity to protect against type 2 diabetes and reduces your risk of developing colon cancer and breast cancer. It also helps to relieve and prevent migraines, PMS, and reduces the likelihood of a difficult menopause.

- ***Makes your lungs more efficient***

Exercise improves your body's ability to take in oxygen and deliver it to your working muscles. Aerobic exercise improves blood flow and oxygenates the skin so that it maintains a healthy glow, stays firmer, and doesn't age as fast.

- ***Gives you stronger muscles and bones***

Exercise helps improve muscle strength and endurance. It improves stamina, maintains your bone mineral density to prevent osteoporosis, and can ease the pain of arthritis. It also maintains or improves joint integrity and can improve your balance and coordination. In addition, a fitter body has a better capacity to heal.

- ***Improves your mental health***

Regular exercise reduces stress and anxiety. It decreases the likelihood that you will suffer from depression or insomnia. Feeling fitter boosts your self-esteem and confidence.

- ***Has social benefits***

The fitter you are, the broader your sporting options will be. You can take up a range of challenging activities. Taking up new activities will inevitably bring you into contact with new people, and working out or playing sports with friends transforms the experience into a social event.

Experts recommend that healthy people do at least 30 minutes of moderate intensity physical activity on most days of the week. However, remember to always speak to your doctor before starting an exercise programme.