

# 101 REASONS TO EXERCISE

- 01 IMPROVES BONE DENSITY
- 02 ENHANCES THE FUNCTION OF THE CARDIOVASCULAR SYSTEM
- 03 GETS YOUR MIND OFF OF NEGATIVE THOUGHTS
- 04 REDUCES JOINT PAIN
- 05 IMPROVES DIGESTION
- 06 IMPROVES ATHLETIC PERFORMANCE
- 07 INCREASES THE LEVEL TO HDL (THE GOOD CHOLESTEROL)
- 08 DECREASES LDL (THE BAD CHOLESTEROL)
- 09 DECREASES CHOLESTEROL
- 10 DECREASES TRIGLYCERIDES
- 11 INVIGORATES THE BODY & MIND
- 12 REDUCES ILLNESS
- 13 MAKES IT EASIER TO RELAX
- 14 STIMULATES & IMPROVES CONCENTRATION
- 15 INCREASES RESPIRATORY CAPACITY
- 16 ALLEVIATES CONSTIPATION
- 17 LOWERS YOUR RISK OF CANCER
- 18 IMPROVES THE QUALITY OF YOUR LIFE
- 19 RELEASES LIMITATIONS IN THINKING
- 20 BURNS UP EXTRA CALORIES
- 21 STRENGTHENS THE HEART
- 22 IMPROVES HOW YOUR BODY USES CALORIES
- 23 IMPROVES ENDURANCE
- 24 INCREASES MORE MUSCLE DEFINITION
- 25 IMPROVES RESISTANCE TO INFECTIOUS DISEASE
- 26 REDUCES TENSION & STRESS
- 27 IMPROVES BLOOD FLOW THROUGH THE BODY
- 28 ALLEVIATES MENSTRUAL CRAMPS
- 29 STRENGTHENS YOUR IMMUNE SYSTEM
- 30 GIVES YOU MORE ENERGY
- 31 ENHANCES NEUROMUSCULAR RELAXATION
- 32 INCREASES THE BODY'S AWARENESS OF ITSELF
- 33 REDUCES OR PREVENTS BOREDOM
- 34 IMPROVES LIVER FUNCTION
- 35 HELPS ALLEVIATE VARICOSE VEINS
- 36 GIVES YOU A CLEARER PERSPECTIVE
- 37 MAKES YOUR CLOTHES LOOK BETTER ON YOU
- 38 IMPROVES EMOTIONAL STABILITY
- 39 MAKES YOU FEEL MORE ALIVE
- 40 ADDS A HEALTHY GLOW TO YOUR COMPLEXION
- 41 INCREASES THE NUMBER OF MITOCHONDRIA IN EACH MUSCLE CELL
- 42 ENHANCES FEEDBACK THROUGH THE NERVOUS SYSTEM
- 43 INCREASES YOUR METABOLIC RATE
- 44 GIVES YOU THE OPPORTUNITY TO EXPERIENCE YOUR FULLEST POTENTIAL
- 45 ENABLES YOU TO ENJOY ALL TYPES OF PHYSICAL ACTIVITY MORE
- 46 MAKES YOU LOOK AND FEEL GOOD
- 47 HELPS YOU LIVE AND SLEEP BETTER
- 48 MAKES YOU MORE FLEXIBLE
- 49 IMPROVES YOUR APPETITE FOR HEALTHY FOOD
- 50 IMPROVES THE STORAGE OF GLYCOGEN
- 51 INCREASES SPEED OF MUSCLE CONTRACTION AND REACTION TIME
- 52 HELPS YOU LIVE LONGER
- 53 DECREASES THE CHANCES OF DEVELOPING OSTEOPOROSIS
- 54 INCREASES THE CONCENTRATION OF MYOGLOBIN, WHICH CARRIES OXYGEN, IN THE SKELETAL MUSCLES
- 55 INCREASES MAXIMUM CARDIAC OUTPUT BECAUSE OF AN INCREASE IN STROKE VOLUME
- 56 TONES AND FIRMS YOUR MUSCLES
- 57 ALLEVIATES DEPRESSION
- 58 HELPS YOU MOVE PAST SELF-IMPOSED LIMITATIONS
- 59 INCREASES YOUR RANGE OF MOTION
- 60 INCREASES YOUR SELF CONFIDENCE AND SELF-ESTEEM
- 61 ENHANCES OXYGEN TRANSPORT THROUGHOUT THE BODY
- 62 HELPS YOU LOSE WEIGHT AND KEEPS YOU AT YOUR RIGHT BODY WEIGHT
- 63 IMPROVES EFFICIENCY IN BREATHING
- 64 HELPS PREVENT HEART DISEASE
- 65 IMPROVES COORDINATION AND BALANCE
- 66 STIMULATES A FEELING OF WELL-BEING AND ACCOMPLISHMENT
- 67 ENHANCES SEXUAL PERFORMANCE
- 68 IMPROVES YOUR BODY COMPOSITION
- 69 MAKES YOU FEEL BETTER EACH AND EVERY DAY
- 70 IMPROVES THE DEVELOPMENT AND STRENGTH OF CONNECTIVE TISSUE
- 71 DECREASES YOUR APPETITE FOR SUGARY FOODS
- 72 HELPS YOU MEET NEW PEOPLE
- 73 INCREASES THE EFFICIENCY OF YOUR SWEAT GLANDS
- 74 INCREASES YOUR ABILITY TO SOLVE PROBLEMS MORE EASILY
- 75 IMPROVES CIRCULATION AND HELPS LOWER BLOOD PRESSURE
- 76 KEEPS YOUR BODY TEMPERATURE HIGHER IN COLDER ENVIRONMENTS
- 77 HELPS YOU FEEL BETTER ABOUT YOURSELF
- 78 DECREASES BODY FAT
- 79 STIMULATES THE RELEASE OF HORMONES THAT ALLEVIATE PAIN
- 80 INCREASES AGILITY
- 81 GET MORE COMPLIMENTS FROM THE PEOPLE AROUND YOU
- 82 BUILDS STRENGTH
- 83 ENHANCES THE FUNCTION OF THE CARDIO RESPIRATORY SYSTEM
- 84 STRENGTHENS YOUR BONES
- 85 IMPROVES BLOOD FLOW TO THE ACTIVE MUSCLES AT THE PEAK OF TRAINING
- 86 ENABLES YOUR BODY TO UTILIZE NUTRIENTS MORE EFFICIENTLY
- 87 IMPROVES YOUR BODY SHAPE
- 88 INCREASES THE LEAN MUSCLE TISSUE IN YOUR BODY
- 89 INCREASES MUSCLE SIZE
- 90 IMPROVES THE BODY'S ABILITY TO DECREASE HEART RATE AFTER EXERCISE
- 91 INCREASES THE LEVEL OF HORMONE NOREPINEPHRINE
- 92 LOWERS YOUR RESTING HEART RATE
- 93 INCREASES THE ENZYMES IN THE BODY THAT BURN FAT
- 94 EASES AND MAY ELIMINATE BACK PROBLEMS AND PAIN
- 95 IMPROVES YOUR ATTITUDE ABOUT YOURSELF AND YOUR LIFE
- 96 IMPROVES THE BODY'S ABILITY TO REMOVE LACTIC ACID
- 97 ENHANCES CLARITY OF MIND
- 98 IMPROVES YOUR POSTURE
- 99 MAKES YOU EXERCISE MORE BECAUSE YOU WANT TO CONTINUE TO LOOK AND FEEL BETTER
- 100 INCREASES CONTRACTILITY OF THE HEART'S VENTRICLES
- 101 HELPS YOU TAKE MORE RISKS AS A RESULTS OF INCREASED CONFIDENCE AND SELF-ESTEEM