

Many Reasons to *Exercise particularly running*

Research shows that regular exercise lowers the risk for many diseases such as heart diseases and cancers, enhances the functioning of virtually every physiological system in the human body and improves psychological well-being. Unfortunately, roughly 30 per cent of Irish do not exercise to experience the significant health benefits. There are many positive reasons exist for you to exercise on a regular basis and as follows:-

- Helps effectively manage stress, reduce anxiety and alleviate depression
- Help to lose (fat weight) or maintain weight
- Improves your immune system
- Reduces risk of getting heart disease
- Strengthens your muscles
- Relieve the pain of tension headaches
- Helps you to sleep easier and better
- Reducing the risk of hypertension (high blood pressure)
- Builds strong bones
- Improves physical appearance
- Increases circulating levels of HDL (good) cholesterol
- Helps you to relax
- If you are a smoker, it assists in efforts to stop smoking
- Can improve short-term memories in older individuals and may be protective against development of Alzheimer's Disease
- Helps boost creativity, increase productivity at work and improves your decision making abilities
- Reduces circulating levels of triglycerides
- Help you resist upper-respiratory tract infections
- Increases your anaerobic threshold, allowing you to exercise or work longer at a higher level, before a significant amount of lactic acid builds up causing pain and cramps
- Reduces risk of developing cancers (bowel, prostate, breast)
- Helps to relieve and prevent migraine- headache attacks
- Improves balance and coordination
- Improves self esteem
- Reduces risk of developing Type 2 Diabetes and improves your glucose tolerance



- Helps to alleviate certain menstrual symptoms
- Reduces likelihood of developing lower- back problems
- Reduces the risk of endometriosis (a common cause of infertility)
- Helps you maintain an independent lifestyle and improves your overall quality of life
- Helps reduce and prevent the immediate symptoms of menopause (sleep disturbances, irritability, hot flashes) and decreases the long-term risk of osteoporosis, obesity and cardiovascular diseases
- Helps to relieve constipation
- Helps to relieve many common discomforts of pregnancy (lower back pain, heartburn, constipation)
- Increases the breaking strength of ligaments and tendons