

# 101 Benefits of Exercising at **MAC**

Research overwhelmingly shows that regular exercise lowers the risk for many diseases, enhances the functioning of virtually every physiological system in the human body and improves psychological well-being.

1. Helps you to more effectively manage stress.
2. Helps you to lose weight - especially fat weight.
3. Improves the functioning of your immune system.
4. Reduces medical and health care expenses.
5. Reduces your risk of getting heart disease.
6. Increases your level of muscle strength.
7. Improves athletic performance.
8. Can help relieve the pain of tension headaches.
9. Allows you to consume greater quantities of food and still maintain caloric balance.
10. Helps you sleep easier and better.
11. Enhances sexual desire, performance and satisfaction.
12. Reduces the risk of developing high blood pressure.
13. Increases the density and breaking strength of bones.
14. Improves your physical appearance.
15. Increases circulating levels of HDL (good) cholesterol.
16. Assists in efforts to stop smoking.
17. Helps you to relax.
18. Can help improve short-term memory in older adults.
19. Helps to maintain weight loss - unlike dieting.
20. Helps to relieve many of the common discomforts of pregnancy (backache, heartburn, constipation, etc.)
21. Reduces your anxiety level.
22. Helps control blood pressure in people with hypertension.
23. Protects against "creeping obesity".
24. Reduces vulnerability to various abnormal heart rhythms.
25. Improves the likelihood of survival from a heart attack.
26. Helps to overcome jet lag.
27. Slows the rate of joint degeneration in people with osteoarthritis.
28. Lowers your resting heart rate.
29. Helps to boost creativity.
30. Reduces circulating levels of triglycerides.
31. Helps you resist upper respiratory tract infections.
32. Increases your anaerobic threshold, allowing you to work or exercise longer at a higher level, before significant amount of lactic acid builds up.
33. Improves your ability to recover from physical exertion.
34. Helps to preserve lean body tissue.
35. Helps speed recovery from chemotherapy treatments.
36. Increases ability to supply blood to the skin for cooling.
37. Increases the thickness of the cartilage in your joints.
38. Gives you more energy to meet the demands of daily life, and provides you with a reserve to meet the demands of unexpected emergencies.
39. Increases your level of muscular endurance.
40. Helps prevent intestinal ulcers.
41. Increases the density and breaking strength of ligaments and bones.
42. Improves posture.
43. Increases your maximal oxygen uptake.
44. Helps you to maintain your resting metabolic rate.
45. Reduces the risk of developing colon cancer.
46. Increases your tissues' responsiveness to the actions of insulin, which helps to better control blood sugar.
47. Helps to relieve constipation.
48. Expands blood plasma volume.
49. Reduces the risk of developing prostate cancer.
50. Helps to combat substance abuse.
51. Helps to alleviate depression.
52. Increases your ability to adapt to cold environments.
53. Helps you maintain proper muscle balance.
54. Reduces the rate and severity of medical complications associated with hypertension.
55. Helps to alleviate certain menstrual symptoms.
56. Lowers your heart rate response to physical exertion.
57. Helps to alleviate low-back pain.
58. Helps to reduce the amount of insulin required to control blood sugar levels in Type I diabetics.
59. Improves mental alertness.
60. Improves respiratory muscle strength and endurance.
61. Reduces your risk of having a stroke.
62. Helps you to burn excess calories.
63. Increases your cardiac reserve.
64. Improves coronary (heart) circulation.
65. Offsets some of the negative side effects of certain antihypertensive drugs.
66. Increases your stroke volume.
67. Improves your self-esteem.
68. Reduces your susceptibility for coronary thrombosis.
69. Reduces your risk of developing Type II diabetes.
70. Reduces the risk of developing breast cancer.
71. Improves mental cognition.
72. Maintains or improves joint flexibility.
73. Improves your glucose tolerance.
74. Reduces workdays missed due to illness.
75. Reduces blood viscosity.
76. Enhances your muscles' ability to extract oxygen from your blood.
77. Increases your productivity at work.
78. Reduces your likelihood of developing low-back problems.
79. Improves your balance and coordination.
80. Improves your body's ability to use fat for energy.
81. Provides protection against injury.
82. Decreases (by 20 to 30 percent) the need for anti-hypertensive medication, if you are hypertensive.
83. Improves your decision-making abilities.
84. Helps reduce and prevent the immediate symptoms of menopause.
85. Helps to relieve and prevent "migraine headache attacks".
86. Reduces the risk of endometriosis.
87. Helps to retard bone loss as you age, thereby reducing your risk of developing osteoporosis.
88. Helps decrease your appetite.
89. Improves pain tolerance and mood if you suffer from osteoarthritis.
90. Helps prevent and relieve the stresses that cause carpal tunnel syndrome.
91. Makes your heart more efficient.
92. Helps to decrease left ventricular hypertrophy in people with hypertension.
93. May be protective against the development of Alzheimer's disease.
94. Improves your mood.
95. Helps you to maintain an independent lifestyle.
96. Reduces the risk of gastrointestinal bleeding.
97. Helps to increase your overall health awareness.
98. Reduces the level of abdominal obesity - a significant health risk factor.
99. Increases the diffusion capacity of the lungs, enhancing the exchange of oxygen from your lungs to your blood.
100. Improves heat tolerance.
- 101. Improves Your Overall Quality of Life!**

**MAC**  
Mt. Kisco Athletic  
Club