

# 10 BENEFITS OF AEROBIC EXERCISE



(walking, biking, swimming, jogging, etc.)

## Keeping a healthy weight

Combined with a healthy diet, regular aerobic exercise can help you lose weight and keep it off.

## Increase stamina & strength

Regular aerobic exercise will reduce your fatigue long-term. It will also increase your heart, lung, and bone fitness.

## Boosted immune system

Regular aerobic exercise has been shown to activate your immune system in a good way. This may help you ward off viruses such as the cold and flu.

## Reduce health risks

Aerobic exercise has been shown to reduce the risk of developing heart disease, high blood pressure, type 2 diabetes, stroke, certain cancers, etc.

## Manage chronic conditions

Aerobic exercise can help control blood sugar, reduce pain that comes with arthritis, and lower high blood pressure.

## Improve heart health

Aerobic exercise strengthens your heart allowing it to pump blood more efficiently, leading to better blood circulation throughout your body.

## Improve artery health

Aerobic exercise increases the “good” (HDL) cholesterol and lowers the “bad” (LDL) cholesterol which helps to keep your arteries clear.

## Independence with age

Aerobic exercise keeps your muscles strong and your mind healthy. This leads to better mobility and cognitive function as you age.

## Better mood

Aerobic exercise can reduce tension from anxiety and lead to more relaxation. It can also improve self-esteem.

## Live longer

Studies have shown that people who engage in regular aerobic exercise live longer than those who don't.

