

THE IMPORTANCE OF EXERCISE

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TISCANLABS HEALTH GUIDE

Regular exercise is an important part of a healthy lifestyle. In addition to its known benefits on preventing a whole range of diseases and weight control, new studies show that regular exercise such as brisk walking or running is linked to higher levels of ("good") cholesterol.

Exercise can also help to promote /control healthy blood sugar levels and now

Exercise has recently been shown to prevent and control mental illness; some studies suggest that regular exercise is at least as effective for treating depression as talking treatments or medicines, with fewer side-effects than medicines.

Introduce regular exercise into your routine and you should sleep better, lower your stress levels and boost your self-image, control your weight, improve your health It's also possible that it may improve brain function in children and older adults.

Get started;

The average adult needs to do at least 30 minutes of moderate exercise a day, such as brisk walking on five or more days a week in order to be beneficial; The easiest way to

sustain an exercise habit is to incorporate it into your daily routine.

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking. *"I have two doctors, my left leg and my right."*
George Trevelyan, 1913

Fit walkers are less likely to fall and suffer injuries such as hip fractures because the bones are strengthened; less likely to sustain injury because joints have a better range of movement and muscles are more flexible; less prone to depression and anxiety; tend to be good sleepers; and are better able to control body weight.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.