

Exercise and its Health benefits



Vocabulary

Develop - grow or cause to grow and become more mature, advanced, or elaborate.

Overall - taking everything into account.

Aerobic - relating to or denoting exercise taken to improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen.

Anaerobic - relating to or denoting exercise which does not improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen.

Vigorous - characterized by or involving physical strength, effort, or energy.

What is an exercise?



Exercise is the activity of making our body work physically which results in physical fitness and mental health. If we exercise regularly, we are able to maintain and enhance our physical fitness and general health. We can broadly categorize exercise as aerobic, anaerobic, or agility training. The three broad intensities of exercises are light exercise, moderate exercise, and vigorous exercise. Exercising aids in preventing diseases and can lead us to improve our lifestyle, which in turn can lead to a higher life expectancy.