
Benefits Of Fitness: Why It Matters

People have often overlooked exercise due to being lazy or thinking it's not important because they're already skinny. But this is a much complicated matter than what it seems on the surface. People are suffering from diseases that could've been prevented by exercising and they hate themselves for not doing so at the time. They fail to realize that they can still make a difference at the moment they realize that they messed up and now have to deal with consequences. And not only that but it can build better bones, lower cholesterol, maintain sleeping habits, postpones fatigue, helps fight depression, and just generally helps you have a healthier lifestyle. But it is never too late to try exercising and feeling better not only physically but mentally as well.

This topic is the solution to the problem. The problem is being unhealthy and the solution is fitness. One disease that is benefited by fitness is diabetes. Diabetes is a disease where your blood glucose (also known as blood sugar) levels are high. Type 1 Diabetes is where your body does not make insulin and is hereditary. Type 2 Diabetes is where your body does not make enough insulin and is the most common one. But fitness can help with these problems because exercise actually lowers blood glucose levels. It is also known that people with diabetes who walked at least two hours a week were less likely to die of heart disease than people who didn't. It also boosts your body's use of insulin, which would be very useful if you have Type 2 diabetes.

Heart disease is a very serious chronic/acute disease that can end your life. It is caused by the buildup of plaque in the heart's arteries that could lead to heart attack. Plaque first grows within the walls of the coronary arteries until the blood flow to the heart's muscle is limited.

"Coronary artery disease begins in childhood, so that by the teenage years, there is evidence that plaques that will stay with us for life are formed in most people... Preventive measures instituted early are thought to have greater lifetime benefits. Healthy lifestyles will delay the progression of coronary artery disease, and there is hope that coronary artery disease can be regressed before it causes coronary heart disease." said Fisher, who is the former editor of the American Heart Association journal, ATVB. People can prevent this disease early on by exercising because it will lower your cholesterol which will lower the probability of a clogged artery.

Obesity is an extremely complicated health condition that has a lot of risk factors and causes. This can actually lead to a lot of the diseases that are mentioned in this essay. The vast majority of doctors reported that overeating is a significant driver of obesity, and they were also three times more likely to tell their patients to eat smaller portions and twice as likely to advise them not to cook with high-calorie ingredients.