

To improve sleep, concentration, energy levels, and show appreciation for our bodies, we can exercise! Maintaining a healthy weight is important to our health; however, there are more benefits of regular physical activity than just weight loss.

Health Benefits of Exercise

Regular physical activity helps many of the body's systems function better and keeps heart disease, diabetes, and a host of other diseases at bay. Other benefits of exercise include: better sleep, helps to prevent osteoporosis, and helps to decrease risk of cancer. Exercise has also been proven to support mental health. Overall, the health benefits associated with regular exercise contribute to a longer, happier life.

How Much Do You Need?

Aerobic physical activity, any activity that causes a noticeable increase in your heart rate, is especially beneficial for disease prevention. The 2008 Physical Activity Guidelines for Americans recommends that healthy adults get a minimum of 2-1/2 hours per week of moderate-intensity aerobic activity, or a minimum of 1-1/4 hours per week of vigorous-intensity aerobic activity, or a combination of the two. The American College of Sports Medicine recommends that a strength training program should be performed a minimum of two days a week.

Emotional Benefits

Active adults have a lower risk of developing depression and cognitive decline. Regular exercise helps to reduce anxiety, stress, anger, and frustration. Exercise can also serve as a distraction to your worries. Exercise allows one to find some quiet time and break out of the cycle of negative thoughts that feed anxiety, depression, and other mental and emotional problems. Regular activity is an investment in your mind, body, and spirit.

BYU On-campus Resources for getting active:

Fitness Center

seasidersports.byuh.edu/fitness-center

Open Gym

seasidersports.byuh.edu/seasider-sports/open-gym

Intramural Sports

seasidersports.byuh.edu/seasider-sports/intramural-sports

Seasider Wellness

free gym tours, wellness coaching, and personal training sessions
seasiderwellness.as.me



EXERCISE BOOSTS YOUR ENERGY

Exercise will enhance the blood flow carrying oxygen and nutrients to muscle tissue improving their ability to produce more energy.

EXERCISE IMPROVES MOOD

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

EXERCISE PROMOTES BETTER SLEEP

Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.