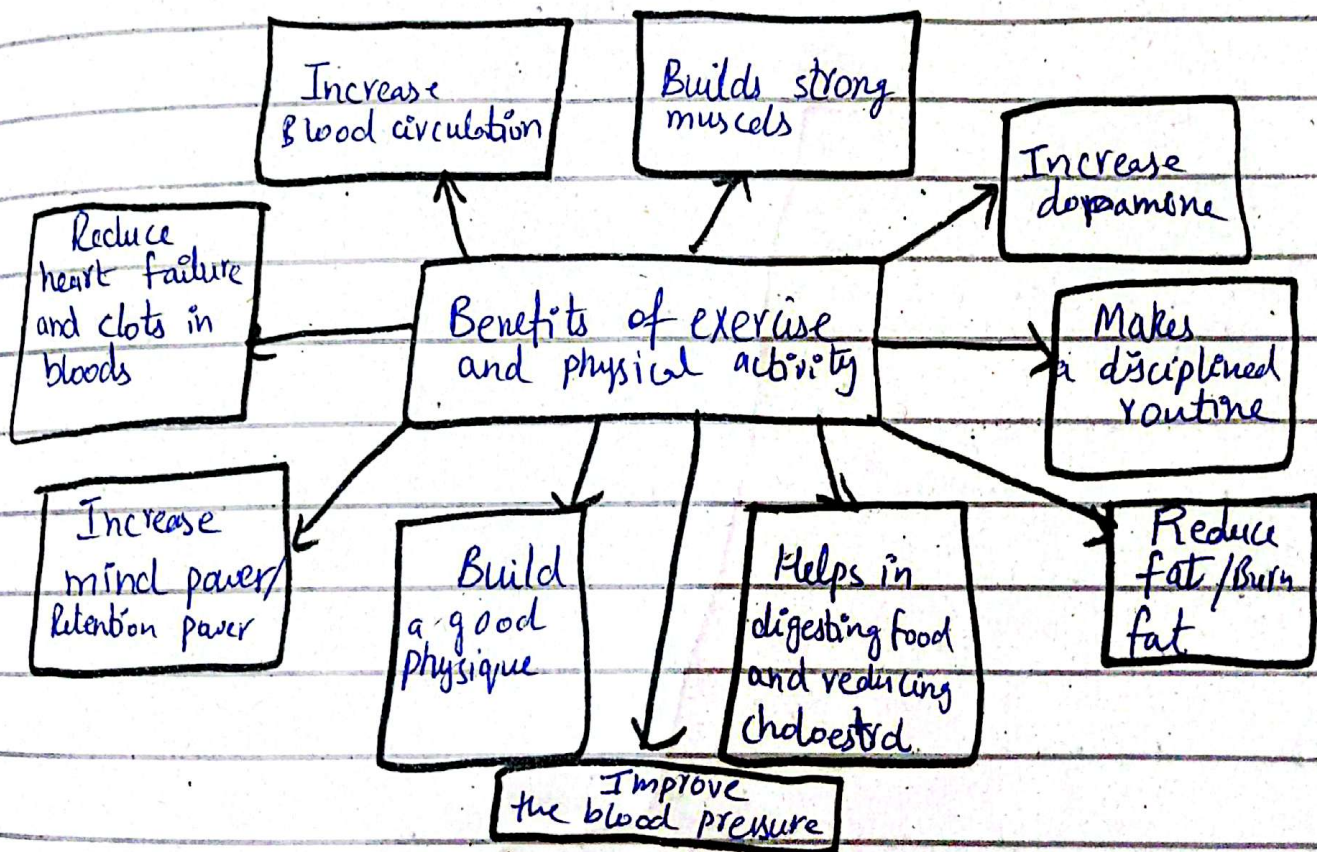


Topic: Benefits of exercise and physical activity



Healthy body has
a healthy mind

Body has a significant impact on mind. If the body is not healthy it is not possible that

mind is working good. Exercise plays an effective role in improving the body health. Exercising on regular basis increase blood circulation in each and every part of the body. ~~Due to~~ ^{reduce} The blood circulation in the body, the risk of heart failure and brain stroke. Blood streams in every arteries and veins of the body and stops the blood clotting in any veins or arteries, which is the main reason of heart attack, nerves damage and brain attack, it may also led to the paralyse of the ^{single} part of the body or might be whole body. Exercise is suggested by doctor for low and high blood patients to improve their blood pressure. Exercise and physical activity on regular basis ~~improve~~ ^{reduce} the cholesterol level, especially the LDL Cholesterol, which is also known as the bad cholesterol and improves the HDL Cholesterol, which is good and essential cholesterol for human body. Simple and easy exercise can help in metabolism and digestive problems. Walking on a regular basis reduce fat and helps in building a good physique. To increase confidence and to look charming, gorgeous and handsome good physique is essential. Without good physique, one cannot feel confident in

front of others. Person who regularly go to the gym and spend more than 30 minutes in gym, doing tough exercising has a strong muscles. The person who walks regularly in park in the early morning feel relaxed, as compared to the person who didn't do any exercise. Doing exercise on a regular basis can reduce stress levels and increase dopamine level, which is the hormone of pleasure and happiness. The person who feels less stress has higher retention power and ability to do complex task and to tackle difficult situations easily, while remaining calm and compose. So, the exercise don't only make a good physique and healthy body, but also improves the overall personality of an individual. (337)