

Name: \_\_\_\_\_ Hour: \_\_\_\_\_ Date: \_\_\_\_\_

## **MY PERSONAL FAVORITE BENEFITS OF EXERCISE**

**List 10 of your most favorite benefits** of exercise off of this sheet. List them in order with 1 being your favorite. Write the full sentence, not just the number! These 10 should be things that might help you reach your personal goals.

**Next to each one, list its WELLNESS category:**

**Physical, Mental, Spiritual, Emotional, Social**

+ \_\_\_\_\_/20 POINTS

BENEFIT:

CATEGORY:

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

**Turn In When Finished!**

# 100 Ways Exercise Will Enrich the Quality of Your Life

1. Increases your self-confidence and self-esteem
2. Improves your digestion
3. Helps you sleep better
4. Gives you more energy
5. Adds a sparkle and radiance to your complexion
6. Enhances your immune system
7. Improves your body shape
8. Tones and firms up muscles
9. Provides more muscular definition
10. Burns up extra Calories
11. Improves circulation and helps reduce blood pressure
12. Lifts your spirits
13. Reduces tension and quells stress
14. Enables you to lose weight and keep it off
15. Makes you limber
16. Builds strength
17. Improves endurance
18. Increases the lean muscle tissue in your body
19. Improves your appetite for healthy foods
20. Alleviates menstrual cramps
21. Improves muscle chemistry
22. Increases metabolic rate
23. Improves coordination and balance
24. Improves posture
25. Eases and can possibly eliminate back problems and pain
26. Alters how your body uses Calories - now more efficiently
27. Lowers your resting heart rate
28. Increases muscle size through an increase in muscle fibers
29. Enables your body to utilize nutrients more efficiently
30. Improves the body's ability to burn fat
31. Strengthens your bones
32. Enhances oxygen transport throughout the body
33. Improves liver functioning
34. Improves blood flow through the body
35. Helps to alleviate varicose veins
36. Strengthens the heart
37. Increases maximum cardiac output due to an increase in stroke volume
38. Increases the weight of the heart
39. Increases heart size
40. Improves contractile function of the whole heart
41. Deters heart disease
42. Decreases cholesterol
43. Decreases triglycerides
44. Increases total hemoglobin
45. Improves the body's ability to remove lactic acid
46. Increase the body's ability to decrease heart rate after exercise
47. Increases the number of open capillaries
48. Improves blood flow to the active muscles at the peak of training
49. Enhances the functioning of the respiratory system
50. Enhances the functioning of the cardiovascular system
51. Improves efficiency in breathing

52. Increases lung capacity
53. Improves bone metabolism
54. Decreases the chances of osteoporosis
55. Improves the development of and the strength of connective tissue
56. Increases strength of ligaments
57. Enhances neuromuscular relaxation thus reducing anxiety and tension
58. Enables you to relax more quickly and completely
59. Alleviates depression
60. Enhances clarity of mind
61. Improves emotional stability
62. Makes you feel good (from a release of chemicals called endorphins into your blood stream)
63. Increases efficiency of your sweat glands
64. Makes you better able to stay warm in colder environments
65. Helps you to respond more effectively to heat in that sweating begins at a lower body temperature
66. Improves your body composition
67. Increases body density
68. Decreases fat tissue more easily
69. Helps you to achieve a more agile body
70. Increases your positive attitude about yourself and life
71. Alleviates constipation
72. Increases the efficiency of utilizing oxygen
73. Enables you to meet new friends and develop fulfilling relationships
74. Enables you to socialize while you are getting in shape at the same time
75. Helps you to move past self-imposed limitations
76. Gives you a great appreciation for life as a result of feeling better about yourself
77. Enables you to better enjoy all types of physical activities
78. Makes the clothes you wear look better on you
79. Makes it easier to exercise more consistently because you like how you look and feel and don't want to lose it
80. Gives you a greater desire to participate in life 100% and to take more risks as a result of increased confidence and self-esteem
81. Improves athletic performance
82. Improves the whole quality of your life
83. May add a few years to your life
84. Is the greatest tune-up for the body
85. Reduces joint discomfort
86. Increases your range of motion
87. Gives you a feeling of control or mastery over your life and a belief that you can create any reality you want
88. Stimulates and improves concentration
89. Brings color to your cheeks
90. Decreases your appetite when you work out from 20 minutes to one hour before a meal
91. Gets your mind off irritations
92. Stimulates a feeling of well-being and accomplishment
93. Invigorates the body and mind
94. Is a wonderful way to enjoy nature and the great outdoors
95. Increases the body's awareness of itself
96. Reduces or precludes boredom
97. Increases your ability to solve problems more easily
98. Gives you a clear perspective on ideas, issues, problems, and challenges
99. Releases blockages and limitations in thinking
100. Affords you the opportunity to experience your fullest potential

Name: \_\_\_\_\_

Mrs. Jazwinski's Class

# **MY PERSONAL FAVORITE** **BENEFITS OF EXERCISE**

Circle your favorite FIVE *different* benefits of exercise  
(*What does it do for YOUR life?*).

- ADDS YEARS TO YOUR LIFE
- IMPROVES THE WAY YOU LOOK
- REDUCES YOUR WORRIES
- MAKES YOU FEEL HAPPY
- GIVES YOU MORE MUSCLES
- MAKES YOU TALLER
- HELPS YOU GET BETTER GRADES
- GIVES YOU A POSITIVE ATTITUDE
- GIVES YOU MORE ENERGY
- LOWERS YOUR CHANCES OF DISEASE
- MAKE YOU FEEL BETTER ABOUT YOURSELF
- HELPS YOU MAKE FRIENDS