Your Name

Instructor Name

Course Number

Date

**Title: The Power of Working out**

Working out is the term most commonly used to refer to physical exercise; aimed at improving physical strength and appearance. It is a powerful activity that makes one feel good and totally boosts their self-esteem. It is like an achievement when one step on the scales and realize they are on the track of a healthy life. Exercise certainly can help to increase confidence as long as one finds success in what they are doing. For this purpose, people working out have to set realistic goals to achieve success. As one continues exercising and begin to reach their fitness goals, a feeling of confidence develops. In addition to that, physical and mental health of indicial displays a significant boost.

Doing regular physical activity can make one feel good about themselves and it can have several benefits for their health. Moderate work out, like brisk walking, can offer numerous health advantages such as improved blood circulation, which diminishes the dangers of circulatory disease, helps maintain idea weight under control and also controls blood cholesterol levels (Penedo and Dahn). The development of microscopic blood vessels is another benefit of physical work out that results in sufficient quantities of oxygen in the muscles and removal of the metabolic wastes eventually enhancing the muscular strength of a person working out.

Exercise, whether moderate or intense, lifts one’s mood, keeps them in high spirits, raised energy and keeps their organs functioning optimally. If done from a functional standpoint, one can target to optimize performance for specific sports, just apart from looking good and keeping great health. It is worth mentioning that work out teaches many other things in life. One learns to be more willing towards goal attainment and that is true health in a real sense, be able to stay in a positive state of mind. When one works out, all the right hormones released from the brain. They get a boost of serotonin, and other hormones that boost their mood, feel more relaxed, and gladder. They also help to block feelings of pain, anxiety, and depression (Deslandes et al.). Work out also reduces the chances of Alzheimer's disease and schizophrenia thereby helping to maintain mental health and memory.

Lack of regular work out can lead to belly fat, type II diabetes, and heart disease which increases the dangers of prolonged illness. Therefore, daily work out is helpful to maintain a healthy weight and reduces the risk of chronic diseases. Exercise is also beneficial for muscles and bones. Exercise helps one build muscles alongside preventing osteoporosis. Works out consumes energy and helps one to sleep better so that the body can recuperate energy and it is necessary to support fast metabolism. Work out is a real energy booster not only for healthy people but those suffering from sickness as well. , it is an energy booster. Furthermore, regular work out strengthens the cardiovascular system, improves blood circulation, tones muscles and enhances body flexibility (Agarwal). All of these factors improve sex life.

Physical activities make our body fit and improves blood circulation. It may include walking, jogging, swimming, running, and even dancing, etc. Everyone has an opportunity to avail the benefits of your work out as good sleep, energy level, it will improve your memory. The physical activities will help make one live happier and longer. It can be summed up that working out regularly is a key to live a healthy and balanced life. If one is not able to practice heavy work out then walking early at morning or jogging can be the best option. Going to gym is also beneficial in this regard since it puts one in contact with people who can motivate and inspire one in many possible ways alongside enhancing their social life.

**Works Cited**

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