Physical exercise

The importance of being active

Exercise is an important part of a healthy lifestyle. Exercise prevents health problems, increases strength, increases energy and can help reduce stress. It can also help maintain a healthy body weight.

It is important to show that physical exercise can be a fun activity and can easily become a part of your life, you just have to find the sports activity that you like the most, since you are more likely to be more constant if you do something that you like,that you like soccer, you play soccer, you like tennis, you practice tennis, you like dancing, you dance...There are countless sports that can make your life much more active!

Take the first step, sports practice!

BUT.....

It must be understood that you do not have to do a specific sport to be an active person, any small change can improve your physical condition and be a more active person, for example, go to school walking or walking to the house of your friends or in Bike instead of driving, getting on or off the bus several stops before and walk the rest of the way, use the stairs instead of taking the elevator ....

The most important thing is to be in movement!

What are the benefits of physical exercise?

- Prevention of overweight and obesity
- Promotion of the healthy growth and development of the muscular and cardiovascular systems
- Reduction of risk factors....diabetes, hypertension....
- Improves mental health and psychological well-being
- Improves social interactions

With physical exercise only positive things are achieved

SAY NO TO SEDENTARISM

The sedentary lifestyle, causes several negative effects in both physical and psychological health. One of the most visible is obesity but there are many others that accompany him such as some diseases, depression, inactivity for other areas of his life, disproportionate increase in appetite ... Sedentary people tend to be less productive, physically and emotionally more weak and prone to enter social circles also sedentary.
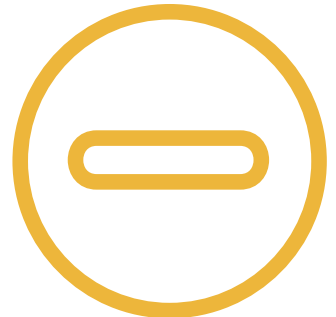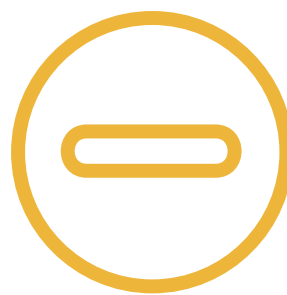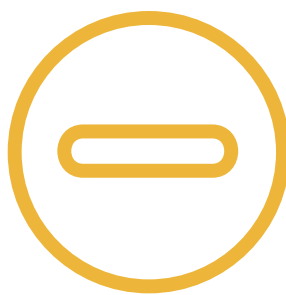

There are many "reasons" (better called excuses) for which we can live inactive: lack of time, work and family obligations, fatigue, age ... But all things are hidden under the shield of laziness, lack of motivation or the sedentary lifestyle in which we are already immersed. Self motivation can play a very important role.

Basic Tips to do exercise

It is important to start small, increasing the frequency with which you exercise before increasing the intensity of it.
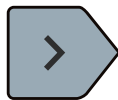
Never forget to do simple warm-up exercises

Trust in ourselves or at least in our ability to learn and improve

Eat healthy

In definite the physical exercise is a valuable tool to take care both mind and body, making us feel better with ourselves and helping us to improve our health