

Exercise/Moving

When you have Type 2 diabetes, it isn't just GOOD for you, it literally treats your diabetes!

If you do only ONE thing for your diabetes, 20-30 minutes of exercise a day is the BEST thing to do.....Here are 119 other reasons to exercise!

Physically . . .

1. Improves digestion.
2. Enhances quality of sleep.
3. Adds a sparkle and radiance to complexion.
4. Improves body shape.
5. Tones and firms muscles.
6. Provides more muscular definition.
7. Enables weight loss and keeps it off.
8. Makes you limber.
9. Builds strength.
10. Improves endurance.
11. Burns extra calories.
12. Improves circulation and helps reduce blood pressure.
13. Increases lean muscle tissue in the body.
14. Improves appetite for healthy foods.
15. Alleviates menstrual cramps.
16. Alters and improves muscle chemistry.
17. Increases metabolic rate.
18. Enhances coordination and balance.
19. Improves posture.
20. Eases and possibly eliminates back problems and pain.
21. Makes the body use calories more efficiently.
22. Lowers resting heart rate.
23. Increases muscle size through an increase in muscle fibers.
24. Strengthens bones.
25. Improves body composition.
26. Increases body density.
27. Decreases fat tissue more easily.
28. Makes body more agile.
29. Is the greatest body tune-up.
30. Reduces joint discomfort.
31. Improves athletic performance.
32. Enriches sexuality.
33. May add a few years to life.
34. Increases your range of motion.
35. Enhances immune system.
36. Improves glycogen storage.
37. Enables the body to utilize energy more efficiently.
38. Increases enzymes in the body which burn fat.
39. Increases the number and size of mitochondria in muscle cells.
40. Increases concentration of myoglobin (carries oxygen in muscles) in skeletal muscles.
41. Enhances oxygen transport throughout the body.
42. Improves liver functioning.
43. Increases speed of muscle contraction and reaction time.
44. Enhances feedback through the nervous system.
45. Strengthens the heart.
46. Improves blood flow.
47. Helps to alleviate varicose veins

48. Increases maximum cardiac output.
49. Increases contractility of the heart's ventricles.
50. Increases the weight and size of the heart.
51. Improves contractile function of the whole heart.
52. Makes calcium transport in heart and body more efficient.
53. Deters heart disease.
54. Increases the level of HDL (High Density Lipoprotein).
55. Decreases LDL (Low Density Lipoprotein).
56. Decreases cholesterol.
57. Decreases triglycerides.
58. Increases total hemoglobin.
59. Increases alkaline reserve (buffering capacity of the blood).
60. Improves body's ability to decrease heart rate after exercise.
61. Increase number of open capillaries during exercise as opposed to rest.
62. Improves blood flow to active muscle at the peak of training.
63. Enhances functioning of the cardiovascular system.
64. Enhances functioning of the cardiorespiratory system.
65. Improves breathing efficiency.
66. Increases inspiratory capacity.
67. Improves alveolar ventilation (greater oxygen consumption).
68. Lessens sensitivity to the buildup of CO₂.
69. Improves breathing in that less ventilation is required per liter O₂ consumption.
70. Improves bone metabolism.
71. Decreases chances of development of osteoporosis.
72. Improves development and strength of connective tissue.
73. Increases ligament strength.
74. Lowers risk of cancer.
75. Improves resistance to infectious diseases.
76. Enhances neuromuscular relaxation thus reducing anxiety and tension.
77. Enables relaxation more quickly and completely.
78. Increases efficiency of sweat glands.
79. More capable to stay warm in cold environments.
80. Body responds more effectively to heat in that sweating begins at a lower body temperature.
81. Stimulates hormonal release which alleviates pain.
82. Alleviates constipation.
83. Increases the efficiency of utilizing adrenaline, resulting in more energy.

Mentally . . .

84. Increases self-confidence and self-esteem.
85. Lifts spirits.
86. Reduces tension and quells stress.
87. Gives you more energy.
88. Alleviates depression.
89. Improves emotional stability.
90. Enhances clarity of the mind.
91. Makes you feel good.
92. Increases positive attitude about yourself and life.
93. Increases level of the hormone norepinephrine which boosts the spirits.
94. Increases the body's level of endorphins which boosts the spirits.
95. Enables meeting new friends and developing fulfilling relationships.
96. Enables socializing while getting in shape.
97. Helps move past self imposed limitations.
98. Gives greater appreciation for life as a result of feeling better about one's self.
99. Enables more enjoyment of all types of physical abilities.
100. Makes clothes look better and fit better.
101. Makes it easier to exercise consistently because you like how you look and feel and don't want to lose it.
102. Gives greater desire to participate in life 100%, take more risks as a result of increased confidence and self-esteem.
103. Improves the whole quality of your life.
104. Gives a feeling of control or mastery over life and a belief that you control your own reality.
105. Stimulates and improves concentration.
106. Decreases appetite when you work out from 20 minutes to one hour.
107. Gets mind off irritations.
108. Stimulates a feeling of wellbeing and accomplishment.
109. Invigorates the body and mind.
110. Is a wonderful way to enjoy nature and the great outdoors.
111. Increases the body's own awareness of itself.
112. Reduces or precludes boredom.
113. Increases awareness of your gait.
114. Enables you to move from left brain to right brain thinking.
115. Can change the electrical activity in the brain from beta to alpha.
116. Increases ability to solve problems more easily and often effortlessly.
117. Gives a clearer perspective on ideas, issues, problems and challenges.
118. Releases blockage and limitations in thinking.
119. Affords you the opportunity to experience your fullest potential.

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