

Benefits Of Aerobic Exercise

1. Improves Bone Calcium
2. Improves Blood High Density Cholesterol
3. Improves Handling Of Excess Heat
4. Increases Hemoglobin
5. Improves Resistance To Cold
6. Decreases Blood Triglycerides
7. Gives an Emotional Lift
8. Decreases Blood Pressure
9. Decreases Insulin Requirement
10. Increases Glycogen Storage
11. Less Conversion Of Sugar To Fat
12. Increases Stroke Volume of Heart
13. Decreases Resting Heart Rate
14. Avoid Senility-Increases Oxygen Delivery To Brain
15. Oxygen Pickup In The Lungs
16. Increases Fat Burning Enzymes
17. Fat Deposits Release Fatty Acids Better
18. Better Control Of Hunger
19. Decreases Body Fat
20. Decreases Stress (Attitude)
21. Increases Ability To Handle Stress (Biochemical)
22. Increases Muscle Mass
23. Easier To Exercise
24. Increases Aerobic Threshold
25. Higher Level Of Exercise Possible
26. More Calories Burned
27. More Fat Calories Burned
28. More Calories Required At Rest
29. Decreases Load On The Heart
30. Decreases Muscle Dependence On Sugar
31. Decreases Incidence of Hypoglycemia

