

How exercise benefits our mind, body and soul

Paycare



Reduces likelihood of major illnesses

We all know that exercising is good for our bodies from a physical standpoint. But the statistics are still quite eye-opening, and a strong enough reason to get off the couch or get away from our desks. It can reduce our risk of heart disease, stroke, type 2 diabetes, and even cancer by up to 50%!

Prevents Dementia

All forms of physical exercise boost the chemicals in the brain that support and prevent degradation of the hippocampus. In other words, it nurtures the vital part of the brain which is used for memory and learning. In fact, researchers have found that walking for just 20 minutes a day boosts memory and improves overall brain function.



Improves our bone and muscle strength

Being physically active (even just walking!) can improve our bone and muscle strength and, as a result, reduces the risk of falls and fractures, protects against osteoarthritis, as well as acting as a pain relief for musculoskeletal disorders.

Makes us feel happy

Exercising has been shown to increase concentrations of the chemical nor-epinephrine in the body – which moderates the brain's response to stress. So if you're in need of a little 'pick me up' why not go outside and take a little stroll? It really will do you the world of good!



Helps us lose weight

Losing those extra pounds is not just about improving body image and fitting into that favourite pair of jeans. There are links between carrying excess weight and the onset of type 2 diabetes, development of heart conditions and other serious illnesses, not to mention increased pressures on our joints and bones.

Helps us become more focused

A study by the University of Bristol found that employees who exercised before work or at lunchtime were more motivated and able to deal with stress more effectively. It can also increase our attention span, so if you've got a big day ahead of you, exercising in the morning may help you get your day off to the very best start!



Provides a better nights sleep

Exercising can make us physically worn-out in the short-term, but you'll benefit from a much deeper night's sleep – and feel well-rested so that you're alert and raring to go the next morning!

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