The Benefits of Regular Exercise

Regular exercise is very important for a healthy lifestyle. Doing physical _____(1) can help improve your health, lift your mood, and give you more _____(2). Whether you like walking, jogging, swimming, or doing yoga, finding an activity you enjoy makes it easier _____(3) stay active.

One main _____(4) of exercise is how it helps our mental health. When we exercise, our body releases endorphins. These are chemicals in the brain that make us feel happier. This can help _____(5) feelings of anxiety and depression.

Also, regular exercise makes the heart stronger and improves _____(6) circulation. This lowers the risk of chronic diseases like obesity, diabetes, and heart disease. It also helps improve flexibility and muscle strength, which is _____(7) for moving well as we get _____(8).

_____(9) conclusion, adding regular exercise to your daily routine can bring many physical and mental health benefits. This makes it an important part of a balanced _____(10).

LIVEWORKSHEETS