

More About Exercise

By Stephan Baum-Harvey

What's included in this project?

This is a small look into why we exercise and why it's good for us. It's not that detailed due to this being done in a 15 minute time period as I was absent.



Why is it good for you?

Exercise is amazing for your body. It helps you stay healthy and helps our bodies function.



Can you hurt yourself doing exercise?

Of course you can, you can push your body to a point where it starts to have issues. This can happen a lot more often if the temperature is very hot or very cold. It can also help if you have a pre-existing condition.



Should I exercise?

YES YES YES, you need to get moving for your body to function properly. You are recommended to get at least 30 minutes of exercise per day minimum.



Gym Exercise

If you go to the gym you need to make sure that you have the proper training for the equipment that you are using. The last thing you want to do is get hurt when on a machine just because you do not know how to use it.



I DON'T LIKE MOVING WHAT DO I DO?

You need to get moving. There is no other way to get exercise. If you get out of the habit of moving there can be lots of issues as you try and get back into moving. I recommend that you start with a few minutes per day and build up from that. That way you can get your body back into the groove of moving around and getting exercise.



What do I do if I get hurt exercising?

You need to go see your doctor because it may have hurt you in a way that you can not see. You may have internal injuries.





THANK YOU