

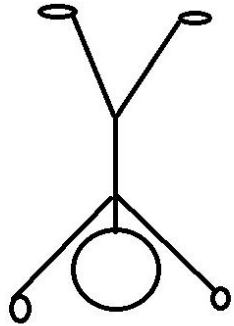
# **SWIFT LEARNING BOOK—1**

**(Part IV)**

## **Benefits and Importance of Regular Exercise**

**SWIFT Topic: Practical Living Skills & Survival (Exercise & Sports)**

# Benefits & Importance of Regular Exercise

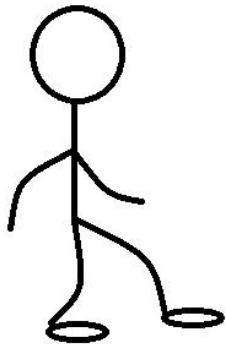


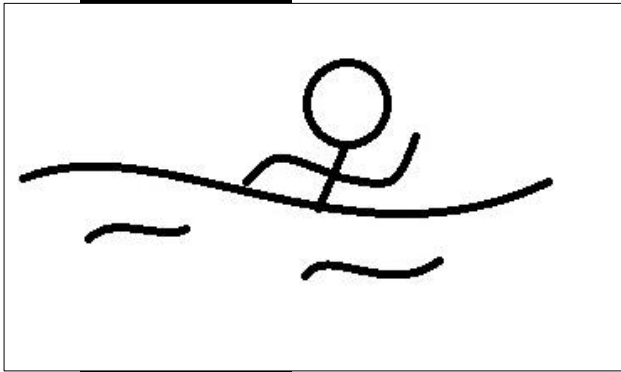
## Increases lifespan

(EXERCISE CAN HELP YOU LIVE LONGER, WITH FEWER AILMENTS SLOWING YOU DOWN, DUE TO LACK OF EXERCISE.)

## Oxygenates body

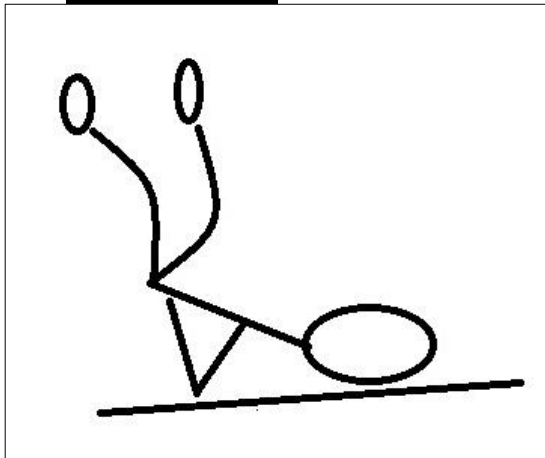
(EXERCISE HELPS BRING OXYGEN TO YOUR BLOOD AND CELLS. CELLS NEED OXYGEN TO LIVE. EXERCISE THAT HELPS US BREATHE HARD, AND TAKE IN GOOD FRESH AIR, HELPS TO CLEAN OUT THE OLD AND BRING IN ENERGY-GIVING OXYGEN.)





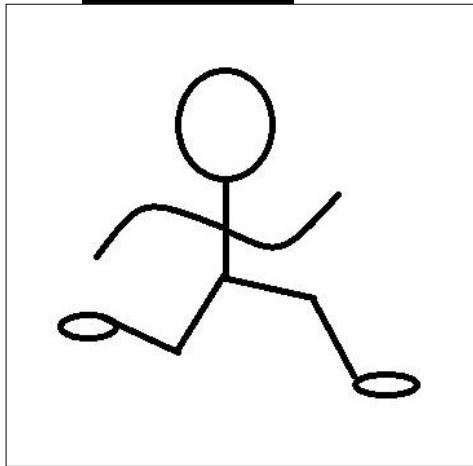
## **Strengthens muscles and keeps body toned**

(EXERCISE HELPS ALL THE PARTS OF YOUR BODY TO BE STRONGER, AND ABLE TO DO MORE, AND KEEP IN SHAPE.)



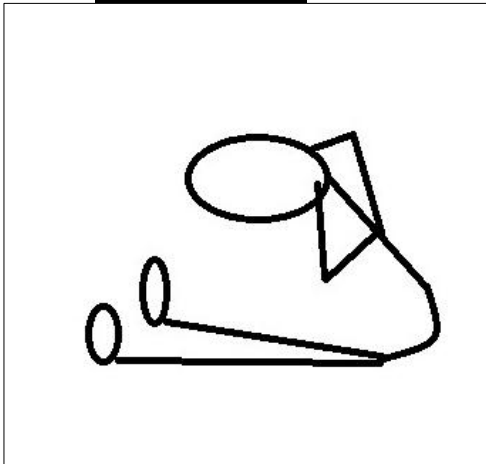
## **Helps maintain ideal body weight**

(YOU DON'T GAIN UNNECESSARY WEIGHT, WHICH MAKES IT EASIER ON YOUR HEART. EXERCISE KEEPS YOU FIT AND HEALTHY AND LOOKING YOUR BEST.)



## **Wards off viruses**

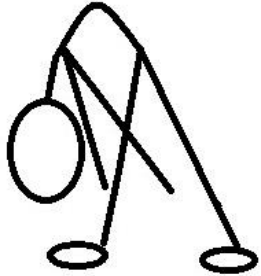
(EXERCISE HELPS YOU TO NOT GET SICK AS EASILY, AND TO FIGHT ILLNESS FASTER.)



## **Strengthens heart**

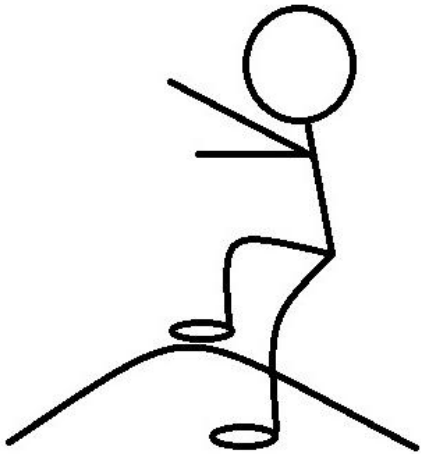
(YOUR HEART NEEDS TO HAVE A TIME OF VIGOROUS PUMPING EACH DAY, TO MAINTAIN GOOD HEALTH AND KEEP IT IN GOOD WORKING ORDER FOR A LONG TIME.)

## **Clears arteries**

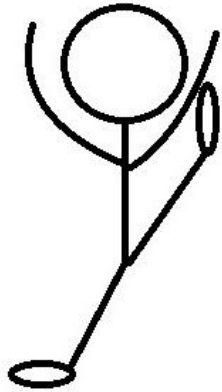


(EXERCISE CLEARS AWAY HARMFUL SUBSTANCES THAT MIGHT BUILD UP IN THE ARTERIES AND BLOCK THE FREE FLOW OF THE BLOOD. WHEN THE BLOOD PUMPS FAST AS YOU DO EXERCISE, IT HELPS TO KEEP THE WAY CLEAR.)

## **Boosts mood**

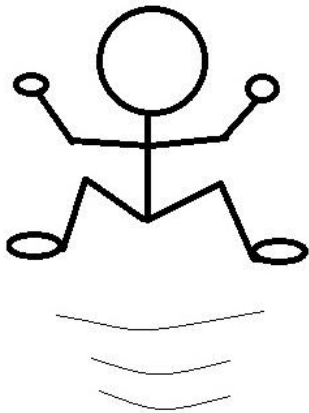


(EXERCISE CAN HELP YOUR MIND FEEL REFRESHED, MAKE YOU FEEL INVIGORATED AND MORE INSPIRED. AFTER A GOOD TIME OF EXERCISE WITH FRESH AIR AND NATURAL LIGHT, YOU'LL FEEL LESS GRUMPY, AND MORE CHEERFUL. YOU'LL FEEL MORE COURAGE AND CONFIDENCE TO DO DIFFICULT THINGS.)



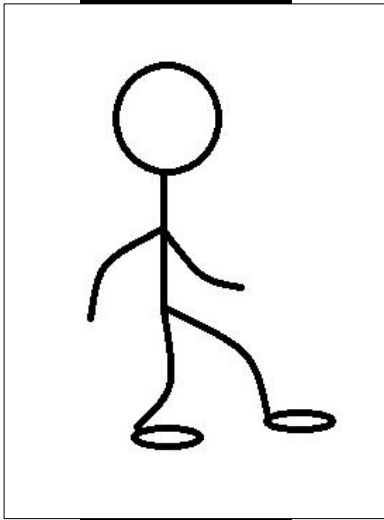
## **Improves memory**

(EXERCISE HELPS YOUR BRAIN TO FUNCTION BETTER, AND THINK MORE CLEARLY. EXERCISE HELPS THE HEART BEAT AND PUMP BLOOD THAT IS CARRYING OXYGEN AND NUTRIENTS, TO THE BRAIN. IT WILL WORK BETTER THEN.)



## **Improves complexion**

(YOUR FACE AND SKIN WILL LOOK BETTER AND BE IN BETTER HEALTH. THE SKIN CELLS ARE GIVEN NUTRIENTS TO HEAL, AND WASTE IS TAKEN AWAY. SWEATING ALSO OPENS THE PORES OF YOUR SKIN TO GET RID OF TRAPPED DIRT AND OIL. MAKE SURE TO RINSE OFF AFTERWARDS!)

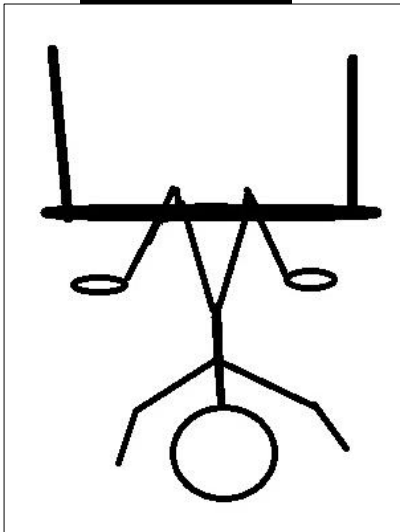


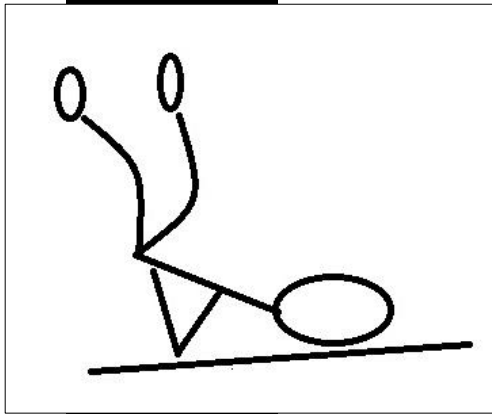
## **Improves coordination**

(YOU GAIN BETTER CONTROL OF YOUR LIMBS AND MUSCLES, THROUGH USE AND STRENGTHENING.)

## **Lowers blood pressure**

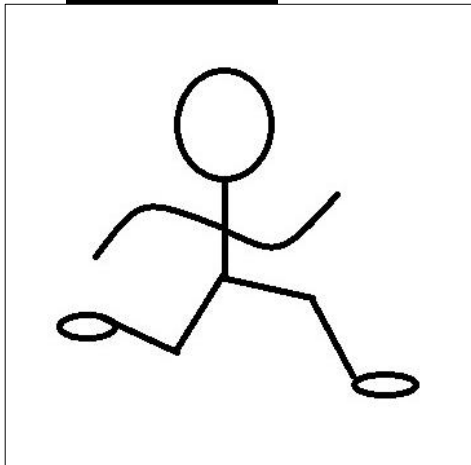
(IF THE PRESSURE OF THE BLOOD IN VESSELS IS TOO HIGH, LIKE IT CAN BE IN SOME OLDER PEOPLE, REGULAR EXERCISE HELPS LOWER THE PRESSURE, AND MAKES THINGS WORK BETTER. IT MAKES YOUR HEART STRONGER, AND IT THEN CAN PUMP BLOOD WITH LESS EFFORT. IF YOUR HEART CAN WORK LESS TO PUMP, THEN THE FORCE ON YOUR ARTERIES DECREASES, LOWERING YOUR BLOOD PRESSURE.)





## **Detoxifies body**

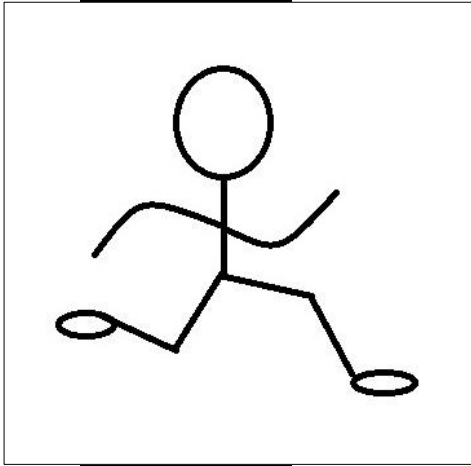
(EXERCISE HELPS YOU TO GET RID OF WASTES AND TOXINS IN YOUR BLOOD AND BODY, AND HELPS YOUR ELIMINATION SYSTEM AND ORGANS FUNCTION BETTER.)



## **Decreases stress and worry**

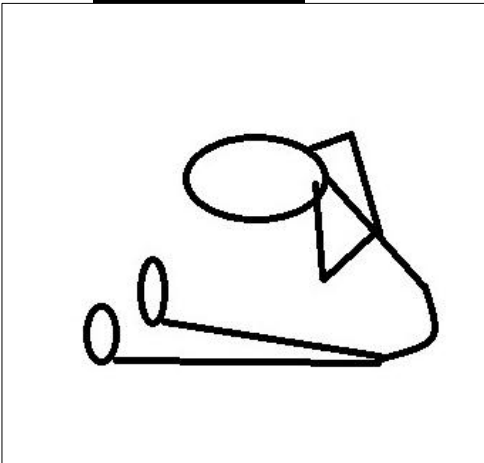
(FOCUSING YOUR ENERGY ON HAVING GOOD EXERCISE WILL HELP YOU TO FEEL MORE RELAXED ABOUT LIFE AND WORK. EXERCISE HELPS ELIMINATE THE NEGATIVE EFFECTS OF STRESS. IT WILL MAKE YOU FEEL LIKE SMILING AGAIN.)





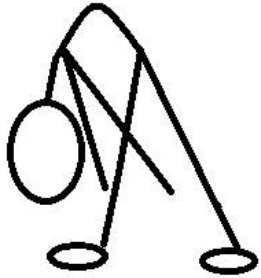
## **Boosts immune system**

(EXERCISE HELPS YOU WARD OFF INFECTION AND SICKNESS AND OTHER DISEASES. IF YOU HAVE BEEN HAVING REGULAR EXERCISE, YOUR BODY CAN RECOVER AND HEAL FASTER AFTER AN ILLNESS OR RECEIVING A WOUND.)



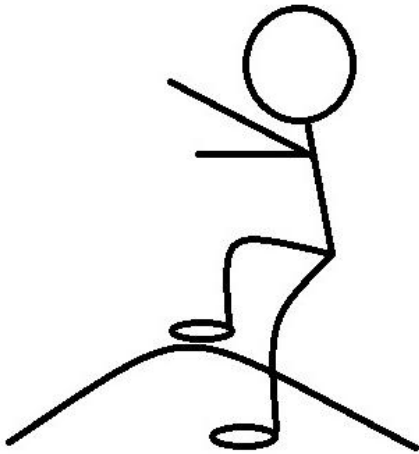
## **Strengthens bones**

(EXERCISE HELPS YOUR BONES TO GET STRONGER, AND HELPS CORRECT BAD POSTURE, MAKING YOU EVEN LOOK TALLER AS YOU CAN STAND NICE AND STRAIGHT.)



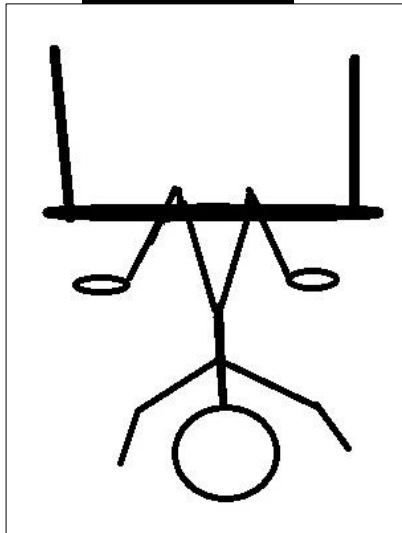
## **Improves sleep quality**

(YOU SLEEP BETTER AT NIGHT IF YOU'VE GOTTEN THE RIGHT KIND OF EXERCISE DURING THE DAY. WHEN YOU SLEEP, YOUR BODY WILL REPAIR AND STRENGTHEN ALL THE PARTS OF YOUR BODY—ESPECIALLY IF YOU HAVE USED THEM EXTRA THAT DAY, AND HAD GOOD EXERCISE.)



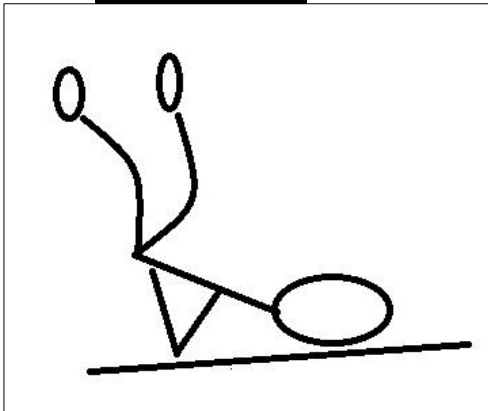
## **Boosts energy**

(YOU'LL FEEL LESS DROWSY AND TIRED, AND FEEL MORE ALERT AND ENERGETIC, IF YOU HAVE MORE PHYSICAL ACTIVITY AND HAVE A TIME OF GOOD EXERCISE EACH DAY.)



## **Reduces the risk of major illnesses**

(EXERCISE HELPS TO WARD OFF THE CAUSES OF HEART DISEASE, STROKE, DIABETES, CANCER, ETC., BY KEEPING YOUR BODY IN GOOD WORKING ORDER, AS YOU EXERCISE, AND USE YOUR BODY IN THE WAY IT WAS DESIGNED TO BE USED.)



## **Good for the brain**

(PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS, AND INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR.)