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| **Length of Time** | **Health effects of exercise** |
| **During your work out** | * Your lungs get stronger, increase capacity, and improve oxygen utilization
* Endorphins are released, causing you to feel energized and alert and can improve mental health with 3-5 sessions a week
* Cardio sessions cause your body to use fat as fuel
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| **Within one hour of exercise** | * Your immune system is boosted for 24 hours with each exercise session
* For every 100 calories you burn during your workout, you continue to burn an additional 15 to 25 calories after
* Your blood sugar levels are decreased, which helps diabetics manage their diabetes
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| **Within 24 hours of an exercise bout** | * After a cardio session, your blood pressure is lowered for up to 16 hours
* Vigorous exercise can lower your LDL levels and triglyceride levels, as well as boost your HDL levels
* This reduces the risk of clots in the coronary arteries, which can lead to heart attack, and clots in the arteries supplying the brain, which can lead to stroke.
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| **Within one week of regular exercise** | * Your body becomes more sensitive to insulin, reducing your risk for type 2 diabetes
* You increase your VO2 max by approximately 5 %, which is how well your body delivers and extracts oxygen for utilization by the tissues
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| **Within one month of regular exercise** | * Muscular Endurance increases
* With the addition of muscle, your metabolism is boosted while at rest
* Your brain is forming new cells due to the growth stimulating proteins produced by exercise
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| **Within one year of regular exercise** | * Your heart pumps more efficiently, lowering your resting heart rate
* Your cells are able to break down fat more efficiently and use it instead of store it
* Your risk for breast, endometrial, lung and ovarian cancer is decreased
* Weight bearing exercises reduce the risk for osteoporosis by strengthening the bone through the repair of micro fractures incurred during exercise
* Exercise lubricates the joints, and reduces joint pain and stiffness. It also helps people with arthritis by increasing flexibility and muscle strength
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