Exercise 2 Solution

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Aerobic

Exercises that stimulate and strengthen the heart and lungs, thereby improving the body's use of oxygen.

Strength Training

Type of physical exercise that builds strength, anaerobic endurance, and the size of the skeletal muscles.

Flexibility

Range of motion of your joints or the ability of your joints to move freely.

Anaerobic

High intensity level of exercise that only last at most 2 minutes. Anaerobic doesn't require the body to use oxygen as its energy source.

Benefits

Citation

Thank You!

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What is Exercise?

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Benefits

What is Exercise?

- Physical Activity
- Any type of movement that works your body at a greater level than your usual daily activity.
- Maintain or improve health and fitness
- Different types of exercise include, Aerobic, Anaerobic, Strength, Flexibility, etc.

Aerobic

Exercises that stimulate and strengthen the heart and lungs, thereby improving the body's use of oxygen.

Benefits

- Help lose weight an keep it off
- Increase Stamina
- Reduce Fatigue
- Increase immune system making you less likely to get colds or the flu, etc.
- Reduce risk of obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke, and certain cancers.
- Manage Chronic conditions
- Strengthen the heart: allows blood to pump more efficiently which will improve blood flow
- Live longer
- Etc.