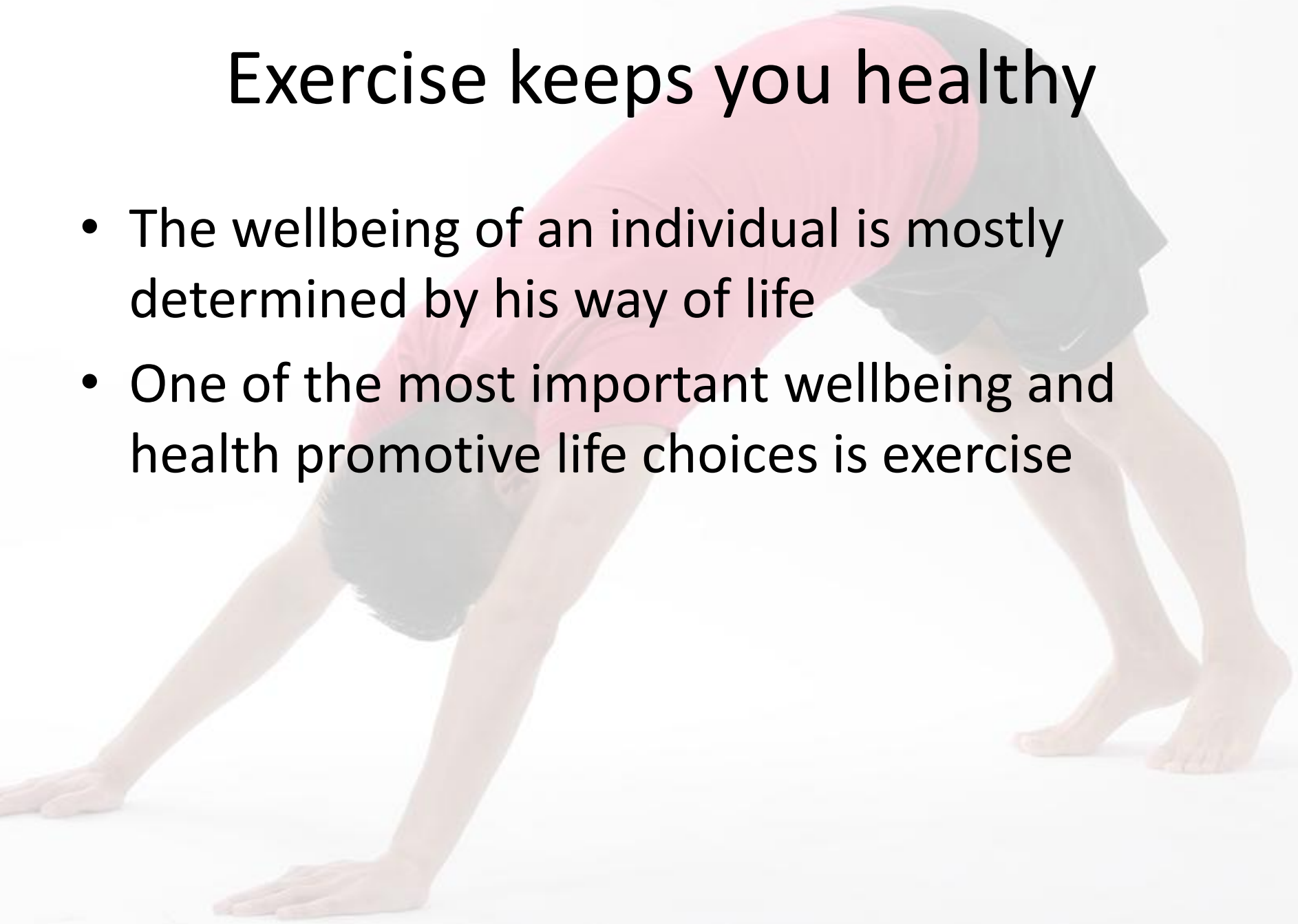
A close-up photograph of a person's hands tying the laces of a white and grey running shoe. The person is wearing a red wristband and a blue long-sleeved shirt. The background is a bright, out-of-focus outdoor setting with a paved path and a fence in the distance.

16. Health promotive exercise

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Exercise keeps you healthy

- The wellbeing of an individual is mostly determined by his way of life
- One of the most important wellbeing and health promotive life choices is exercise

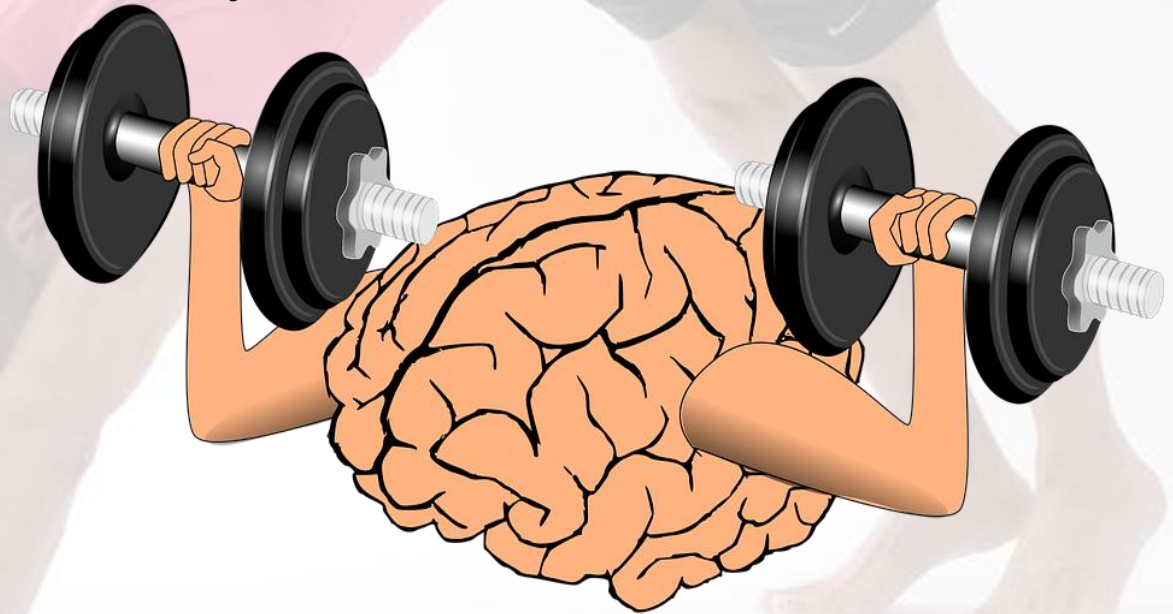


Affects of exercise on your body

Body part	Affect	Benefit
Muscles	<ul style="list-style-type: none">○ Motor coordination improves○ Strength and endurance of the muscles improves○ Muscle size grows	<ul style="list-style-type: none">○ Muscles can work harder○ Muscles can endure longer without exhausting
Bones	<ul style="list-style-type: none">○ Bones get stronger○ Bones get more dense	<ul style="list-style-type: none">○ Bones can endure stress and collision better
Joints	<ul style="list-style-type: none">○ Range of motion gets bigger	<ul style="list-style-type: none">○ Moving is effortless○ Joints don't feel tense
Heart	<ul style="list-style-type: none">○ Heart muscle becomes stronger	<ul style="list-style-type: none">○ Body can endure tiresome exercise longer
Lungs	<ul style="list-style-type: none">○ Oxygen intake improves	<ul style="list-style-type: none">○ Won't feel out of breath so easily
Brains	<ul style="list-style-type: none">○ Exercise brings pleasure because of endorphines and improves work of brain cells	<ul style="list-style-type: none">○ Better mood○ Enhances learning
Other	<ul style="list-style-type: none">○ Enhances immune system	<ul style="list-style-type: none">○ Won't get sick so often

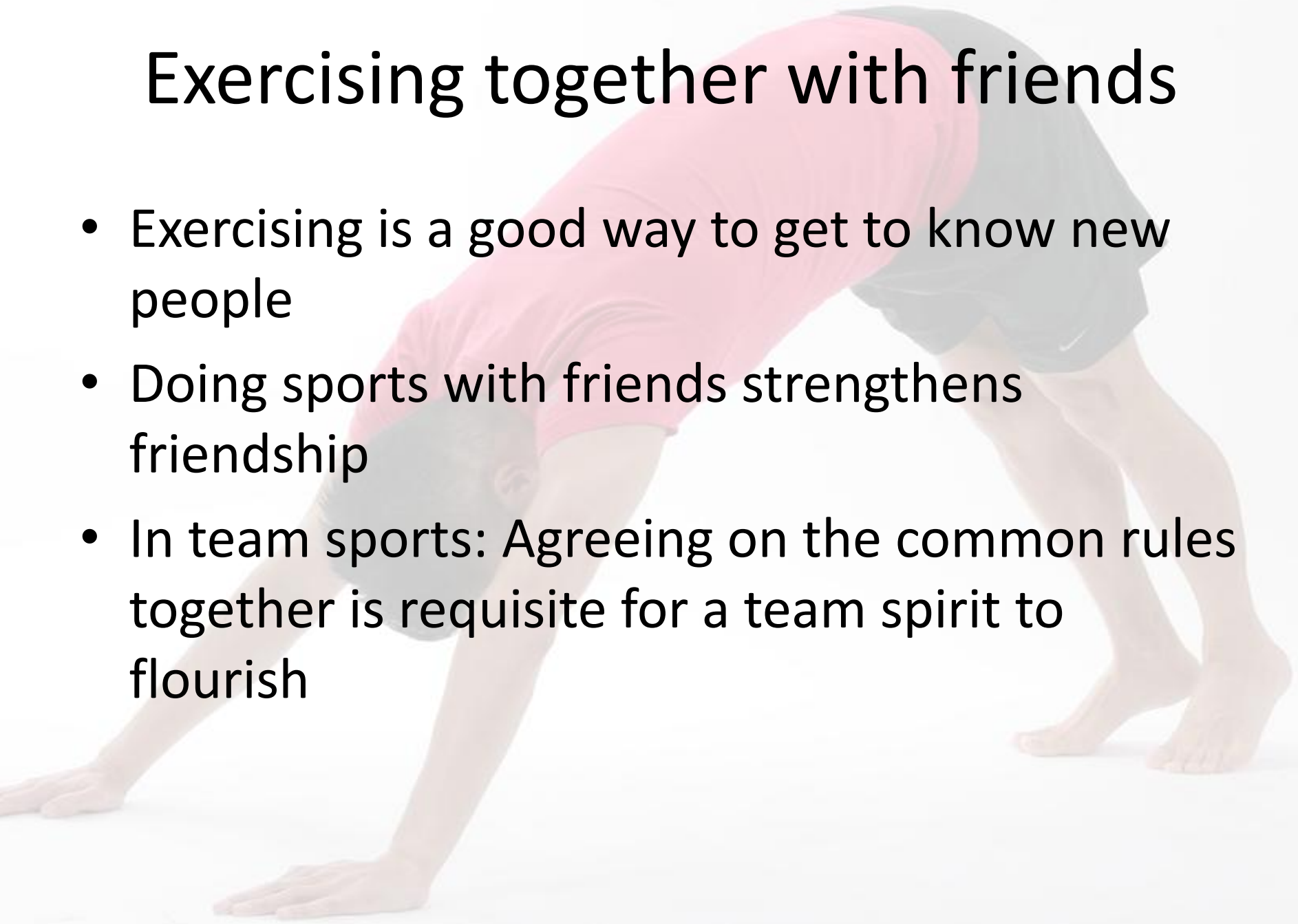
Exercise relieves stress and enhances learning

- It is scientifically proven that exercise relieves stress, anxiety and depression
- Exercise makes our brains release endorphines which gives us strong sensation of pleasure



Exercising together with friends

- Exercising is a good way to get to know new people
- Doing sports with friends strengthens friendship
- In team sports: Agreeing on the common rules together is requisite for a team spirit to flourish



Ponder this...

- How much is it recommended for someone of your age to exercise daily?
- Do you exercise enough to remain healthy?

