5 Reasons Every Woman Should Exercise

You may not want to hear it, but exercise is very important for you. Everyone should be fitting regular fitness into their routine, but you also have some unique benefits as a woman. Here are 5 different reasons to start exercising on a regular basis.

**1. It Gives You a Natural Mood Boost**

One of the great things about exercising regularly is that it makes you feel so much better. It is high on the list of the best ways to naturally make you happier and reduce stress at the same time. This is all thanks to endorphins, which are happy chemicals you already have in your brain. When you exercise, it helps you release those endorphins, helping you to feel happier and more energetic. Exercising for around 30 minutes or so a day really boosts your mood.

**2. You Can Reduce Certain Health Risks**

Exercise is wonderful for so many reasons, from weight loss to giving you more energy. Another reason you should exercise is because it helps to reduce your risk for serious medical conditions. This includes physical conditions like osteoporosis and heart disease, both of which are a high risk if you are a woman. Exercising has also been shown to reduce the risk of dementia in older adults. There is no cure for dementia, so prevention is your best chance.

**3. It Helps with Your Sex Life**

If you feel like your sex life has been lacking as of late, why not feel sexier and get more confidence with exercise? There are many ways exercising can improve your sex life. First of all, it will give you more confidence due to becoming fit, healthy, and losing weight. It can also improve your sexual desire thanks to the natural mood boost and increase in energy you get. This is great for both women and men.

**4. You Can Lose Weight**

The reason many women choose to exercise regularly is to help them lose weight. While you should still follow a healthy diet, exercise definitely helps you manage your weight. It is important at any age, from teen and young adult years, to being an older adult and senior. Weight loss also has other benefits, like improving your confidence, helping with your sex life, and reducing the risk of heart disease, diabetes, and arthritis.

**5. Exercise is Great for Mental Health**

While your physical health is very important to pay attention to, you should also be focusing on your mental health as well. It is imperative that you not forget about your stress level and mental health conditions like anxiety and depression. Exercise can help you manage these types of mental health conditions.