

Title:

Aerobic Benefits and History

Word Count:

757

Summary:

The word `aerobic` means `with oxygen`. Researchers consistently recommend that regular physical

Keywords:

aerobics, aerobic benefits, aerobic, aerobic exercise,

Article Body:

Aerobic Benefit:

The word `aerobic` means `with oxygen`. Researchers consistently recommend that regular physical

Benefits of aerobics:

- * The heart works more efficient and becomes more stronger.
- * It helps to control your weight.
- * Reduces the risk in developing diabetes, obesity and any heart disease.
- * There is an increase in good cholesterol and decrease in bad cholesterol.
- * It increases endorphins.
- * Increases the body's ability to take in oxygen and makes you breathe faster.
- * It helps to reduce and control the body fat.
- * Improves the body muscle strength and flexibility.
- * Improves the quality of sleep that freshens you early next morning.
- * Helps to avoid chronic diseases like heart disease and hypertension.
- * Aerobics increases the resistance fatigue and gives you more energy.
- * Improves your mood and reduces depression, stress and anxiety.
- * It avoids overheating.
- * Aerobics pumps the blood faster and more forcefully.
- * Helps in prevention of cardiovascular diseases.
- * Builds the muscular strength and makes your body more flexible.
- * Helps to reduce blood pressure.
- * Prevents from certain types of cancer also.

In short aerobics burns your fat. Aerobics makes you live longer and live healthier and happier. It builds up a positive attitude in you and changes your perception of looking towards life.

Regular aerobic exercises will force the heart to gradually enlarge and it is important to allow

Here safety is first:

Vigorous aerobic routine can cause sprains and injuries. So never neglect the pain and immediately stop. Aerobic history: `Origin of the way ending in a fit and healthy world`

Aerobics is nothing but a system of exercises to help prevent coronary artery diseases which were

Something about sportaerobics

Howard and Karen Schwartz are the two persons who developed a very new and competitive sport known

Growth of aerobics since the early years

Aerobics since the day of its introduction is growing at a tedious pace. All sorts of people are

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