

What Does Lack of Exercise Do to Your Body?

Lynn White May 17, 2018



It's never too late to begin a new routine, and every positive change you make will help you get stronger and have more energy.

([Newswire.net](#) -- May 17, 2018) -- Most people are aware that regular exercise together with a balanced diet helps your body stay strong and healthy. However, you may not have paused to consider the flip side and the adverse effects on your body due to lack of exercise. Even if you think you are a relatively active person, you probably spend more

time sitting down than you realize. If you use an activity tracker or smart scales you can test this out for yourself on a daily basis, however, step counts alone don't represent accurately how much your whole body is being exercised. Look out for some of these important telltale signs instead.

Potential problems

Lack of exercise means you are likely to gain unnecessary weight, which is a factor for a variety of health hazards, including diabetes. It also weakens your bones and may disrupt the normal function of your organs. Weight gain can lead to fat being trapped around your heart as well as other organs and also deep within your abdomen. If that is the case you might encounter problems with your gallbladder, for example, or develop heart disease. There is also the issue of metabolic syndrome, which happens when you have a cluster of any three of the following:

- Abdominal obesity
- High blood sugar levels
- [High serum triglycerides](#) (fatty acids)
- Hypertension (high blood pressure)
- Low HDL levels (high-density lipoprotein).

Dangerous hormones can also be secreted in fat, and they increase your risk of breast cancer and encourage resistance to insulin. If you don't exercise, your muscles will waste away (atrophy), while you may also find your digestion is affected, and you regularly suffer from constipation. That can mean you're more liable to contract colorectal cancer.

Help to reverse the negative effects

All of this is very worrying if you know you have a relatively sedentary lifestyle and also if you're not keen on sports activities generally. That being the case, there are still some things you can do to alleviate your situation and reverse the negative effects of a lack of exercise, as long as you're prepared to make an effort.

Don't shirk walking

First of all, resolve not to avoid walking where it is a viable alternative to sitting in an automobile or on a bus. Although steps alone aren't necessarily an indicator of overall fitness they're a reasonable beginning, particularly if they include taking the stairs. If you don't want to spend time at the gym and you're not keen on cycling, you could always invest in a treadmill or have a stationary bike at home. That is particularly useful when the weather isn't conducive to spending time on foot outdoors.

Wear compression leggings

To get the most support for your body during your normal day to day routine, you should take a tip from the athletes and wear [leggings](#) designed to compress your muscles and joints. That is particularly useful if you have poor circulation due to lack of exercise or if you have to stand a lot at home or when at work. Sports professionals choose compression garments to maximize their performance, and the clothing comes in a range of sizes and colors. Compression leggings target several areas of the lower body, including support for knees, thighs, butt, and waist. They are contoured to be a snug fit, and the stretch fabric wicks moisture away from the body to keep you comfortable.

New physical activities

You don't have to choose a sports activity to increase your strength and stamina as there are other options that can help you do so. Yoga and aerobics are popular, and even ballroom dancing gets you onto your feet and moving around. A Zumba dance workout, which is an aerobic fitness program, is based on Latin American dance styles and is great fun. The emphasis is on enjoying the moves rather than seriously working out. It still gives you a great exercise experience as it mixes high and low-intensity moves. You can practice solo at home if you prefer – all you need is some catchy music, a DVD and a workout space that has a clean floor and a pleasant temperature.

Enjoy a regular swim

Another option is to start swimming on a regular basis. Unlike running, swimming doesn't put pressure on your muscles and joints, so it's a good form of exercise for beginners because it involves your whole body and you are supported by the water. Increasingly, educators have realized [the benefits children gain from swimming](#), and it is now widely promoted in international schools across the globe. You'll find most schools and colleges provide opportunities for students to swim and if you have never learned this is a great opportunity to take swimming lessons as an adult. You'll be gaining a new skill, meeting other people and improving your health and wellbeing all at the same time.

Change your seating plan

When you've got to sit for substantial periods of time, make adjustments to your position. Try to sit at an angle of about 135 degrees to avoid a strain on your back and bend your knees at an angle of 90 degrees. Avoid crossing your legs. Do your best to ensure any computer monitor you use is at the correct height for your eyes, so you don't have to bend forward to work on it.

Some companies permit employees to use a Pilates ball from time to time instead of an office chair. It's great for your spine, and you'll even burn a few additional calories by working to keep your balance, as your body is constantly moving. That helps to improve your circulation and strengthen your muscles. Start with short periods and gradually increase them as you become stronger.

It's never too late

Finally, don't put off making a start if you know you're not exercising enough. It's never too late to begin a new routine, and every positive change you make will help you get stronger and have more energy, by the day.

Source: <http://newswire.net/newsroom/blog-post/00101755-what-does-lack-of-exercise-do-to-your-body.html>