Why fitness?

Why fitness? Whether you're looking for a new hobby, searching for a stress reliever, or trying to get in shape, fitness is a great tool for all of those things. The many benefits of fitness serve you in all aspects of life, whether they be work, home, or relationships. All in all, regular exercise leads to a better YOU.

Although getting motivated to work out can be tough, exercising releases endorphins, which can make you happier and less stressed. Exercising also releases hormones such as serotonin and norepinephrine which directly relieve you of feelings of stress or depression. You don't have to be a fitness pro to get these results either- the intensity of the workout does NOT have an effect on how much of these hormones are released.

One of the more obvious benefits of fitness is it can help you get in shape, with the combination of a proper diet, of course. If you are already in shape enough, then fitness can also make you stronger in many physical aspects. For instance, lifting weights boosts your physical strength as well as muscular endurance. Cardio workouts, such as running, jumping jacks, or circuit training all help to build your cardiorespiratory endurance. So whether you're looking to get in shape or become leaner, fitness is a great option for you.

This building of strength and endurance goes a long way- especially for the heart. It is proven that people who work out are less likely to get chronic diseases such as heart disease and diabetes. In addition, working out regularly can help your skin health, making you look more rejuvenated and have smoother skin.

All in all, to my fellow teenagers, working out doesn't have to be a chore or something you don't look forward to. It can be a great stress reliever as well as benefit you in numerous ways. Check out some of the resources provided below to get started with your fitness journey!