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Exercise

Exercise is a very important component to life. Keeping yourself in shape, protecting yourself from diseases, and more. The problem is however that people do not exercise enough, or as much as they should be. Also working at a steady pace can help you to create a foundation. Exercise is very important to keep up with, since it keeps you healthy and protects you from getting diseases, but people are still not getting the exercise they need.

“80% of Americans do not meet the weekly recommendations of the US Department of Health and Human Services, according to the article.” The agency recommends 150 to 300 minutes of moderate exercise, or 75 to 150 minutes of vigorous exercise. They also suggest that you should be doing some sort of muscle-strengthening exercises as well. If you are not meeting these recommendations, you should be getting some exercise in some way.

While you are exercising, you should make sure that you are doing it the right way. You should not be not exercising, while at the same time you should not be exercising too much or too hard. Find the middle ground to it. According to the article, “Trying to do too much too soon is a common cause of muscle soreness and injury.” Another outcome of working too hard can be cardiovascular problems, such as a heart attack or cardiac arrest. When exercising, work at a good pace, while at the same time slowly increasing what you are doing. Doing this can create a well foundation, without having any negative health outcomes.

Exercising is a critical component to life. Without it, you are prone to diseases and will not be healthy. Even with all these possible negative outcomes, people still are not getting the exercise that they need, in conjunction with the recommendations of the US Department of Health and Human Services. Making sure that you get the exercise you need, and doing it the proper way can create a well foundation to help you be healthy and not have any health problems.