



Trico Centre's top 10 reasons to get fit!

1. **Fitness... makes you live longer**

Regular exercise could extend your life by 15 years, according to the Get Fit Foundation.

2. **Fitness... boosts immunity**

Long-term moderate exercise can enhance the immune response against infection, according to researchers at Acadia University in Canada.

3. **Fitness... fights fat**

Not just around your waist, but the stuff in food as well. Research at Glasgow University suggests that walking before eating a meal high in fat and carbohydrates lowers fat levels in the blood.

4. **Fitness... makes you look better**

Or at least feel better about how you look. 'Brisk walking and abdominal muscle stimulation aid body image,' say researchers from the University of Ulster's School of Health Sciences.

5. **Fitness... protects against disease**

...protects against arthritis

Regular runners are less likely to develop osteoarthritis, and even if they are stricken by it, exercise can offer up to 12 years' protection from symptoms.

... fights off strokes

The Stroke Association believes 50,000 strokes a year (that's 40 per cent of the total) could be prevented if people made a few simple changes to their lifestyle – keeping fit and watching their blood pressure, basically.

... strengthens the heart

It's widely known that regular exercise makes for a healthy ticker.

6. **Fitness... reverses the signs of aging**

Regular exercise slows the ageing process and can even reverse its effects in some cases, according to researchers at the University of Texas.

7. **Fitness... sharpens the brain**

A recent study found that exercising speeds up the decision-making process and reduces the risk of senile dementia in later life.

8. Fitness... helps you sleep

A US study found that fit people doze off 11 minutes sooner than couch potatoes, get an average 42 extra minutes' sleep a night, have less desire to nap during the day and feel more refreshed in the morning.

9. Fitness... improves productivity

Studies have proven that regular exercise has a huge impact on people, making them more motivated, responsive and energetic.

10. Fitness... beats the blues

The positive effects exercise has on conditions such as anxiety and depression have been studied since the 1980s. The euphoria that follows acute exercise, known as 'runner's high', was discovered by Kenneth Cooper of the Cooper Institute, who cited the case of a man 'who was so despondent, he wanted to die. Because his heart was weak, he thought the best way to commit suicide without embarrassing his family was to run around the block as fast as he could until he killed himself. After several futile attempts at causing a fatal heart attack, he discovered that he began to feel better and eventually chose to live instead.

Trico Centre promotes active living in partnership with our community.

Support your community association and purchase a membership and then receive 20% off all Trico Centre MEMBERSHIPS.