

## **DO YOU ACTUALLY WANT TO GET FIT AND STRONG?**

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Stiff, immobile joints are more than just painful. They are keeping you from unlocking your full potential in the weight room. Why not you do exercise that will improve your performance in everything from squatting to carrying groceries up the stairs?

Exercising is great for many reasons, giving you more energy and making you stronger. But many of us are more interested in exercising for weight loss. Prolonged weight loss is part of a good diet and other elements such as the quality of sleep and level of stress are also important. As we grow older, metabolism becomes naturally slow, maintaining a healthy weight seems a challenge. Exercise helps increase metabolism and build muscle mass, helping to burn more calories.

Are you fat and ugly? Just exercise and just be ugly! And since weight is different for everyone, set your goal, be sure to determine how to do it in a healthy way. Sweat is just fat crying. If you experience uninterrupted eating history, check with your doctor before changing your lifestyle to lose weight, including trying out different exercise routines such as running, biking or yoga. Besides that, it can reduce the impact of illness and chronic disease. According to a study led by the Public Health Sciences Division's Dr. Anne McTiernan, exercise effectively reduces weight, overall body fat and intra-abdominal fat, a hidden risk factor for many chronic diseases. The results of the largest randomized clinical trial evaluating the effects of exercise on overall and

intra-abdominal obesity. People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density. In a benchmark study in 2018, this hypothesis was challenged by Dr Campbell and Dr Turner in the international journal *Exercise Immunology Review*. They said that in the short term, exercise can help the immune system find and deal with pathogens, and in the long term, regular exercise slows down changes that happen to the immune system with ageing, therefore reducing the risk of infections.

There's a vibe when you walk into a gym. If you walk in and the vibe makes you feel self-conscious or generally discouraged, switch gym! It is a huge warning sign if the instructors and staff are not friendly and if the client put out a negative or overly competitive vibe. You'll be able to feel whether the gym's energy works for you within one or two visits. Pay attention to it. You will make sweat your best accessory and you will run harder than your mascara.

While these may seem like good reasons to slow down and take it easy as you age, they are even better reasons to get moving. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, improve your overall sense of well-being. Reaping the rewards of exercise does not have to involve strenuous workouts or trips to the gym. It is about adding more movement and activity to your life, even in small ways like performing *solat*. No matter your age or physical condition is, it is never too late to get your body moving, boost your health and outlook, and improve how you age.



