EXERCISE

Normally, we usually move our whole body and or part of it to cook, to eat, to walk, etc. This movements happen since we have muscles and bones.

Exercise is like a demo of the actual action, aimed at making the body ready for the real action. For example, in soccer, when players are to start a match they are usually required to do some exercises called warm-up exercises. Aimed at preparing their body for the main action.

Thus, we can say exercise is the constant movement of the whole body and or any of its part so as to prepare it for the day's activities. Apart from warm-up, exercise is also done to keep the body fit. When we wake up from sleep or done with resting, we would notice that our veins have rested even out muscles so we exercise to make blood flow through our body, as such facilitating the excretion of toxic wastes from the body.

Also exercising gives us a good body shape. Sit-ups, would make one's belly flat and good.

It also increases our balance, agility, stamina, and sensitivity.

It also makes one's body to take its best alignment thereby making him/her to pose always at good posture.