

## Aerobic Training: How Doing It Properly Can Improve Health

A lot of people nowadays are using various medications and going on crash diets to lose some unwanted pounds and improve their health. Because of this phenomenon, the benefits of aerobic exercises have been overlooked. Two of the more famous forms of aerobic exercise are running and jogging. Doing these activities lead to improved physical appearance, healthier heart, and elevated moods.

The primary benefit of this kind of exercise is a healthy heart. The human body responds to the increased need for oxygen that comes with running or jogging. As aerobic exercise takes place, the circulatory system responds by pushing itself harder which prompts the heart to beat faster. Just like other muscles in the body that receives a healthy dose of workout, the heart becomes stronger with regular aerobic training. A stronger heart pumps blood more efficiently and improve blood flow to many parts of the body. Because of a healthy heart, climbing stairs can be a breeze and walking or running long distances may be less difficult. One's body therefore becomes more efficient in handling everyday tasks that can be encountered.

Like other physical activities, regular aerobic training can give a healthier looking body to individuals who engage in them. For people who workout regularly, the muscles become more toned and lean because fat is burned off. In addition to these physical improvements, greater muscle density contributes to bone strength and reduce the risk of breaking bones as one gets older.

Medical studies also add that moderate or intense physical activities may prompt the body to produce substances called endorphins. These substances are produced by the brain that may elevate one's mood and eliminate feelings of stress and anxiety. This effect is called by many health experts as the "runner's high."

However, individuals who want to engage in aerobic training should consult health professionals or train with a professional instructor. Because improper or too much training may do more harm than good. Extreme exercise may increase the production of stress hormones like cortisol, epinephrine, and norepinephrine. These hormones aid the body in switching to a more efficient fat-burning metabolism to preserve glycogen in the muscles and aid blood vessels in the delivery of oxygen to the muscles. However, stress overload can occur if an individual does not dial down the intensity even for short periods. This may cause an increase in white blood cells that eliminate bacteria, viruses, and even cancer cells. When the intense exercise is finished, the number of immune cells may decrease. It is theorized that any viruses or bacteria present in this stage may multiply and cause infection which may weaken the immune system.

Aerobic training and other physical activities should be done properly to avoid ill-effects that improper or over-training may bring. Individuals who want to engage in such activities can begin aerobic training by walking or jogging five minutes in the morning and another five minutes in the evening. The next they can add a few minutes to each aerobic session. Soon, they could be walking briskly or jogging for 30 minutes a day and reap the benefits of regular aerobic exercise.

## About the Author

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