

Exercise is physical activity performed to develop physical fitness. Because of the lack of activity that is associated with today's lifestyle, exercise is more important now than ever.

Just imagine... millions of years ago cavemen would wake up, grab their clubs, wonder the earth and look for something to eat. Along their travels it would be likely that they would come across a giant lizard that would want to rip them apart and enjoy a meal of its own. The caveman would swiftly wave his club at the furious lizard and escape up the tallest tree that he could find. He would finally get away from the lizard, kill something twice his size and drag it home 10km to share the meal with the others. Pretty intense stuff I know!!

Now let's look at the general lifestyle of today's cave man. Wake up to the alarm clock, have some breakfast and climb into the automobile. From here drive to work, sit in the office with minimal movement throughout the day and then drive home and relax. Food would be eaten during this time and exercise is very rare. The next day this is likely to happen again. This may be an exhausting day, but nothing compared to the physical activity the original caveman had endured.

Now answer me this... in all the documentaries that you have seen about the early humans, how many of them had people that were overweight, inactive, and dying from some disease that could have easily been prevented? NONE!

Why exercise?

- Improve strength
- Improve fitness
- Improve endurance
- Improve flexibility
- Avoid preventable diseases
- Make you feel great
- Improve overall health and fitness
- Basically make you live a fuller, healthier lifestyle

Exercise changes the bodies composition to increase lean muscle and to reduce fat. The more that you exercise, the more your body will benefit from this. It is required for everyone, and particularly important for people who are living sedentary lifestyles. So get out of the house and move around.

Lift weights, do some cardiovascular activities (running/walking/bicycling/sports) and just keep yourself active. Don't be the modern day caveman. Think of all those heroic early humans who put their lives on the line each day in order to stay fit. They never thought it was too hard and they were never too busy. Do it because you have to, and do it because you want to!

Stay active and see you at the gym