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THE IMPORTANCE OF MORNING EXERCISES FOR OUR HEALTH

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Morning exercise plays an important role in our life. We all know that the workout is very useful for our health, but people, unfortunately, don't do it regularly. All doctors and nutritionists say that morning exercising should become our daily ritual, such as brushing teeth. Morning exercises positively influence all physiological processes of the organism (breathing, circulation, nervous system, etc.). In combination with other organizational forms of physical education, exercise improves health and physical development.

There are some benefits of morning exercises:

1. Help us to wake up quickly

Not many people doing exercises in the morning. But our body needs exercises at this time. Especially in the morning we need to prepare for the new day. It is also a perfect way to set up your body for the whole day.

2. Prevent injuries

Gymnastics and massage are the perfect protection from any kind of sprains, fractures and breaks, because during exercise the muscles work gently. Gymnastics in the morning is a powerful tool in our life that prepares our body, muscles, ligaments and joints for the upcoming stress of the day.

3. Improve our mood

Those people, who make early morning exercises every day have a much lower chance of having depression. Probably, hormones impact our organism and processes in it. For example, a big dose of happiness during exercise provides serotonin, which is also responsible for healthy sleep and good appetite. In addition, serotonin has a beneficial effect on energy reserves, as well as to learning ability and concentration that are very important for pupils and students. It is proved that exercises in the morning are more efficient.

To sum up, morning exercise is a great method of health promotion, prevention of injuries and heart diseases. Gymnastics helps to increase the concentration of oxygen in the blood, it improves breathing. There is no need to go to an expensive gym. It is enough to do early morning exercises to strengthen the body, to be in a good shape and in a great mood.