# How Exercise Can Help You Avoid Stress and Improve Your Life

For many of us, the idea of exercising is more stressful than just about anything else. It has become a joke for many people to imply that going to the gym is an impossible task and that they are simply content with their inactive lifestyles. While this can be fair, it is also dangerous and mentally destructive to remain too stagnant. Physical activity is one of the key ingredients in creating a healthy and stable life. There is a reason why people dread exercise; many people are caught up in cycles of depression and self destructive behavior and habits that often prevent them from making any improvements in their lives.

However, breaking through that depression is incredibly important. All of us deserve to live comfortable and stress free lives. However, when you are actively avoiding the tasks that will physically prevent you from being overwhelmed by stress and negative feelings and a sense of shame or low self worth, whatever stress you might feel on average will be compounded.

We can all agree that it is important to stay healthy. And that being an active person, within your capabilities, is crucial. We even encourage the elderly and disabled to engage in range of motion exercises. Not because we want them to feel foolish, but because it truly improves their quality of life and can lower the stresses that they may experience on a daily basis.

If you’re the type of person who can enjoy the merits of exercising then you may already understand how powerful its benefits can be. Not only does exercise help your brain to produce feel good chemicals that can be natural preventatives for depression, but knowing that you are taking care of yourself is a great way to get rid of stress you may never have realized was there. Not only that, but being able to say you are taking steps to be the best self you can possibly be is a great way to find confidence within yourself and understand more about the things that you value most.

Exercising may not be for everybody, but it is beneficial for everyone. There are exercises that everyone can do. If you find yourself having knee trouble, consider looking into low impact exercises that will help you to improve your muscles and stay fit with the situation you must deal with.

Overall, staying fit has been cited as one of the cheapest cures for depression. While we can’t call it a cure officially, it is safe to say that it absolutely doesn’t hurt. Just be sure to be kind and forgiving of your body and of yourself when you are starting out. We all have different levels of performance that can and do improve over time. Be patient and treat yourself with love, as this is the most crucial step to take in living a stress free life!