

Rewards of Working Out and Being Active

Written by AZFoothills.com

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When you're feeling the burn, you might also feel as if you'd like to be literally anywhere else and doing anything else. However, your body is actually thanking you. Exercise has many benefits for both the mind and the body.

Let's take a quick peek at a few of the rewards of being active and exercising.

An App that Rewards You for Exercise

Have you ever wished there was an [exercise rewards app](#)? If so, your wish has come true. Paceline is an app that keeps track of your activity and rewards you when your heart rate goes over a certain amount for a certain period of time. There's even a credit card that goes with it! With these, you can get financial rewards along with the physical ones we're about to discuss.

Happy Chemicals

Running for a few miles can be a true slog, but it's worth it in the end. Physical activity causes the body to produce chemicals known as endorphins, and these trigger happy feelings. Because of this, it's recommended that if you suffer from anxiety or depression, you get to the gym. Don't worry if you don't happen to be a gym rat either. Working out for about half an hour a couple of times a week – even [at home](#) – can boost your mood instantly.

Did you have a rough day at work? Maybe you spilled your coffee or got your tie stuck right in the shredder. You can chill out a bit by heading to the gym or even just by taking a walk. One benefit of exercise is that it can relieve [stress](#). Working up that sweat can assist you with managing both mental and physical stress. It also increases norepinephrine, which is a chemical that can moderate how your brain reacts to it.

Get Out

If you're looking for that additional boost of self-love, you might consider taking your workout outdoors. See, working out outside can actually increase your self-esteem. Try to find a workout for outdoors that fits your unique style – it doesn't matter if it's jogging in the park, canoeing, hiking, or climbing. Even if you just take a long walk and check out the gorgeous landscapes, it can nourish your mind and body.

Also, all the [Vitamin D](#) you get from the sun can reduce the risk of depression. So, why book a day at the spa when just a bit of sunshine and fresh air can work wonders for both happiness and self-confidence?

Self-Confidence

Speaking of self-confidence, hopping right on your treadmill can also help with this. On a basic level, fitness can boost your self-esteem, which then improves your self-image. It doesn't matter what your weight, age, size, or anything else is, exercise can quickly elevate your perception of your own attractiveness and support the flow of endorphins and improve [mental health](#). Physical activity is a way to remind yourself just how gorgeous you are, so step on your Crossfit and send yourself a few flirty DMs.

Working out can have benefits and positive effects way beyond rippling biceps. Gaining self-esteem, getting yourself out of a funk, and even being able to think more clearly are just a few great reasons for you to exercise regularly.

You may think that you aren't the type of person to exercise, but this is something that's for everyone, and the wonderful thing is that it's never

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too late for you to start. There are tips online for anyone who wants to begin. You don't even need to spend big bucks on gym equipment or a membership to do it.

The benefits and rewards are endless. Get moving today!