

WHY EXERCISE DAILY?



Picture of Mr. & Mrs Peters jogging.
Photograph: Pius Padi.

Talking about the Pros of exercises...

Do you ever think about the benefits of exercising? Do you ever wonder what someone would look like without two years of exercise?

Well, to begin with... exercise boosts the brain. Without exercising there will be many people in the hospitals because their systems aren't functioning well. Even if you do exercise for a whole year you might face challenges if your body is malnourished and not well hydrated.



Mrs. Meleoniel's story.

"As long as I can remember, in my childhood years I've always been active - competing in international 100 meter races for my school and winning silver medals or even gold.

Once I graduated from University my life changed, things went the opposite way because of my job. I work for a web browser company called Microsoft. Working for Microsoft made me very lazy because I had plenty of money so I'll go party with friends all night, come home, go through my phone, do some work online and that was quite the roller coaster ride for me until I realized that I couldn't bear my own weight anymore. So my message to you all reading this is to never quite being active because it's a lot of pain to bear and as I'm in this interview right now I'm about to undergo a surgery so please, please, please do not let your beautiful body go."