

Wondered why exercise would make young people?

Glowing: sweating than the mask effective

Want to delay skin aging, detoxification, moisturizing, nutrition, these three aspects are indispensable. If the toxins do not come out on the easy long spot, long acne, moisturizing did not do it may be dry, nutrition can not keep up with long wrinkles, exercise can be three arrows, a comprehensive solution to skin problems.

"Sports will sweat, sweat can be inside the dirt, free radicals to discharge, so we will sweat after the movement that the skin is very comfortable, and refreshed, which is more than we apply the number of masks more effective.

In addition, the movement to speed up the blood circulation, the blood of nutrients and moisture can be effectively transmitted to the skin cells, the skin satiates, the whole skin will be full of flexibility, young glow. "

Muscle firmness: practice core muscle group anti-atrophy



People's muscles between 20 years old to 30 years will reach a peak, this time young people, the muscles are angular, but after a 30-year-old, the muscle will be reduced by 1% per year, muscle will Atrophy, the protein will become fat, exercise is the only way to delay muscle aging.

Exercise activities in daily life to exercise mainly in the limbs, in fact, should also often exercise the core muscle group. The core muscle group includes the abdomen, the lower back and the gluteus muscle, which can provide the stability of the body, the explosive force and the muscles of the body, whether it is the movement or even the daily life of the move, do housework, walk, are inseparable from the core muscle group. Endurance, so that when you walk or run can be more light.

Young Bone: Increased weight movement

Bone growth and maintenance follow the "with the waste back" principle, in adolescents, regular exercise, the use of bone, bone and bone will slowly accumulate, to the old is not prone to osteoporosis. On the contrary, if young do not like sports, to the elderly, the bone will be much worse than others.

Weight-bearing exercise, especially the regular weight-bearing exercise, more conducive to young people to obtain higher peak bone mass. However, weight-bearing exercise should be appropriate, continuous exercise for half an hour to an hour to moderate sweating is appropriate.



Heart strong: aerobic exercise strong heart

There are two manifestations of heart aging, one is the weakening of myocardial strength, heart beat no longer throbbing; the other is the heart of the vascular circulation path is not smooth. Although with age, heart aging is inevitable, through persistent exercise can delay the heart of aging.

There are many aerobic exercises to exercise heart function, common jogging, swimming, aerobics, mountain climbing, cross country walking, rope skipping, a variety of ball games and brisk walking, etc. Young people are best to jogging, People are best to go brisk walking, swimming and so on.

However, in the aerobic exercise should first do a good job of warm-up preparation of the movement, followed by should also be gradual, grasp the exercise intensity.

If the exercise intensity is too large will not only increase the burden on the heart but also failed to delay the purpose of heart aging. General healthy people each time aerobic exercise time should last about 30 minutes, three to four times a week can be.



There are a few running experience and share with you

1.First, the morning before running should add water and the amount of food, but should not eat too full or fasting. Before the morning can eat a small amount of banana is also containing sugar substances.

2.You should choose the park or playground open place, fresh air environment can multiply morning run effect. While the roadside there are too many exhaust, inhalation after the body is not good.

3.The morning run speed can be combined quickly. Blindly speeding up is to increase the body load.

4.There is time to add water, outdoor air dry, the temperature is reduced, people easy to get angry, air humidity is small, the loss of water when the movement will lead to human water, so after exercise must drink plenty of water. You can also add a small amount of salt in boiling water to maintain the body's acid-base balance, drinksomeelectrolyte-containing sports drinks to prevent muscle spasms.

5.It is best to wait until the sun came out after exercise, do not lead to hot and cold, you can try high leg lift and jogging alternately, or trot 50 meters after the change to go.
