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# WorkHardTrainHardPlayHard

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## 10 Consequences of Not Exercising

It is well established that getting regular exercise has many benefits. It tones the body, strengthens the heart and relaxes the mind, for a start!

Conversely, however, a lack of exercise will contribute to a wide range of ailments. If you sometimes struggle to motivate yourself to exercise, consider these 10 serious health issues – all of which can be avoided with regular physical activity.

### 1 – Weakening of the heart

Dangerous heart conditions such as heart attack, atherosclerosis, or hypertension become a significantly greater risk the longer you go without regular exercise.

### 2 – Increased stress

Life today is stressful and hectic enough, but a lack of exercise will increase stress and anxiety levels even more. Additionally, self-esteem is reduced as your body becomes weaker and less toned.

### 3 – Reduced libido and sexual performance

Increased stress causes a decline in sex drive for both men and women. In addition, a lack of exercise leads to reduced stamina and strength, both of which are important for a good sex life. Regular exercise has also been linked to a reduction in erectile dysfunction (ED) in men.

### 4 – Increased risk of contracting bone disease

Insufficient physical activity can lead to the development of osteoarthritis, osteoporosis and other bone density diseases.

### 5 – Depression

Exercise releases hormones, called endorphins, which make you feel good. Without them you are more prone to depression and a deterioration of your overall state of mind.

### 6 – Obesity

The likelihood of becoming overweight or obese is increased for people who don't exercise. As weight and body mass increase, so does the risk of heart disease, diabetes, high blood pressure and other health problems.

### 7 – Weakened immune system

In an article entitled *Lack of Exercise Is a Major Cause of Chronic Diseases*, Frank Booth, Christian Roberts and Matthew Laye state: "Three millennia of evidence exist to indicate historical recognition that physical inactivity is detrimental to health by reducing the functional capacity of most organ systems in humans..." This means your natural ability to resist infection, illness and all types of injuries is reduced.

### 8 – Low self-esteem

With increased chances of obesity, depression, stress and a poor sex life it is not surprising that the way you think about yourself can be negatively impacted.

### 9 – Decreased lung capacity

As the amount of physical activity diminishes, so does the ability to breathe properly. If your lungs can't hold enough air, your heart, muscles and entire body won't get the valuable oxygen they need to function properly.

### 10 – Shorter life expectancy

While regular exercise has been linked to an increase in longevity, the converse is also true. Booth, Roberts and Laye also state in their conclusion: "...lack of physical activity affects almost every cell, organ, and system in the body causing sedentary dysfunction and accelerated death."

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