

# Benefits of Training

## DURING TRAINING:



Metabolic rate increases.

Blood viscosity is improved.

The oxygen flow rate increases from 8 liters (when you're at rest) to 100 liters per minute.

The increased blood flow allows the cells to take in more oxygen and nutrition from blood.

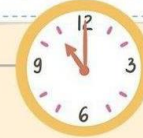
## JUST AFTER TRAINING:



Your body begins to digest proteins and carbohydrates 4 times faster, so you lose weight more quickly.

Your brain starts to release more endorphins, which lift your mood.

## A FEW HOURS AFTER TRAINING:



You become more confident, and your self-esteem improves.

Your blood pressure becomes normalized.

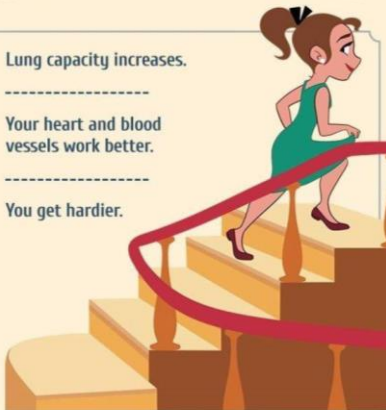
You begin to sleep better, and your sleep quality improves.

## AFTER A FEW WEEKS OF REGULAR TRAINING:

Lung capacity increases.

Your heart and blood vessels work better.

You get harder.



Your blood's hemoglobin level improves: the number of red blood cells per cubic millimeter of blood increases from 5 million to 6 million.

Your immune system becomes stronger: the level of lymphocytes in the blood goes up.

The body regulates the levels of sugar and other substances in the blood more easily.

Your body stores less fat.

## AFTER A FEW MONTHS OF REGULAR TRAINING:



You become less prone to stress, and you're less likely to experience depression and mood swings.

The oxygen transfer to your muscles increases, and microcirculatory blood flow improves.

An improved coordination of movements helps you strengthen your nervous system. The speed of nerve impulse transmission increases: the brain activity improves, and we make decisions more quickly.

The musculoskeletal system of the body strengthens: your muscles become bigger, and your bones become denser.

## AFTER A FEW YEARS OF REGULAR TRAINING:

Homecoming party



Your life expectancy increases.

You stay young for longer.