

# Why Something We Never Evolved To Do Is Healthy And Rewarding

Exercise is one of the most important things you can do for your health. It can help you lose weight, improve your heart health, reduce your risk of chronic diseases, and boost your mood. But did you know that humans were never evolved to exercise?

That's right, our ancestors were hunter-gatherers who spent most of their time foraging for food and avoiding predators. They didn't have time for leisurely walks or gym workouts. So why is exercise so beneficial for us today?



## Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding by Daniel Lieberman

★★★★☆ 4.6 out of 5

Language	: English
File size	: 28436 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 465 pages



The answer lies in our evolutionary history. Over millions of years, humans have evolved to be able to adapt to a wide range of environments. This includes the ability to withstand periods of famine and feast. When food is

scarce, our bodies go into "starvation mode" and we conserve energy by slowing down our metabolism and reducing our physical activity. When food is plentiful, our bodies go into "feast mode" and we store energy as fat.

Exercise helps to mimic the effects of starvation mode. When we exercise, our bodies release hormones that break down fat and muscle tissue for energy. This helps us to lose weight and improve our body composition. Exercise also helps to increase our metabolism, which means that we burn more calories even when we're not exercising.

In addition to its physical benefits, exercise also has a number of mental health benefits. It can help to reduce stress, improve mood, and boost self-esteem. Exercise also releases endorphins, which have mood-boosting effects.

So if you're looking for a way to improve your health and well-being, exercise is a great option. It's something that humans were never evolved to do, but it's something that our bodies and minds need.

### **Here are some tips for getting started with exercise:**

- Start slowly and gradually increase the intensity and duration of your workouts over time.
- Find an activity that you enjoy and that you're likely to stick with.
- Make exercise a regular part of your routine.
- Listen to your body and rest when you need to.

- Don't be afraid to ask for help from a personal trainer or other fitness professional.

## **Benefits of Exercise**

- Weight loss
- Improved heart health
- Reduced risk of chronic diseases
- Boosted mood
- Increased self-esteem
- Reduced stress
- Improved sleep
- Increased energy levels
- Improved cognitive function
- Reduced risk of falls
- Increased lifespan

Exercise is one of the most important things you can do for your health and well-being. It's something that humans were never evolved to do, but it's something that our bodies and minds need. So if you're not already exercising, start today. You won't regret it.

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