



To: **University of Michigan Students about the importance of working out**

From: Chasin, Gabriel

Date: 20 February 2019

Subject: Information on the importance of daily exercise and how it can help you in the long run

Purpose of the memorandum:

This informative report is addressing the importance of daily exercise and how it can help you later on in life for current and future University of Michigan Students. Most people know the importance of regular physical activity, but many do not act and get their daily amount of exercise. This report will outline the benefits of daily exercise and how to fit it in your regular schedule. The information provided in this report was gathered through an in-person interview with Mitchell Siegel – a current applied exercise science major and former Division 1 athlete. Additionally, I used available online sources and materials to gather information.

Background:

Many people find it hard to incorporate daily physical activity into their lives. People are spending a lot of their time inside playing videos games such as Fortnite and has made kids not as willing to get daily physical activity. There are many health benefits to working out that many people do not realize.

Benefits:

Long-Term Benefits:

Daily physical activity has a lot to offer you later in life — the number of health benefits you receive from regular physical activity. There have been many studies showing that since has been linked to being inactive and sitting too much with a higher risk of heart

disease, type 2 diabetes, colon and lung cancers, and early deaths.



The Top 10 Benefits of Regular Exercise. (n.d.). Retrieved from <https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>

Short-Term Benefits:

Immediately after you are done working out, you feel relieved. Working out helps your overall sleeping schedule and helps to boost your energy level throughout the day.

Additionally, working out can be a way for people to build social relationships outside of the stressful school or work days.

Scheduling Your Workout:



Many people are busy throughout the day, and if you can spend thirty minutes ranging from walking to running, it can help improve your daily life. By putting in thirty minutes of regular exercise can improve your daily life instantly. Once you can work daily activity into your schedule, it will become a routine.

Healthy Lifestyle:

Once you get in the habit of exercising daily, it becomes a routine. Exercise helps your brain focus, boosts energy, and overall sleep. Overall, if you can make working out a habit, it will help improve your daily life.

Interview:

Interviewee: Gabriel Chasin

Interviewer: Mitchell Siegel

12 February 2019



1. How important is daily physical activity for you?

Daily physical activity is very important and is part of Mitch's daily routine. He sacrifices sleep for working out and is an essential part in starting his day.

2. How does working out everyday help your overall day?

Working out everyday helps Mitch wake up and helps him feel better after a night of sleep. Additionally, the workout makes his body more awake overall and ready to conger the school day.

3. What do you suggest for new people starting to get into working out?

I suggest for new people starting to work out do do any physical activity that is interesting to them. The reason I work out is because I enjoy it and it helps me want to continue to develop. Additionally, specifically for weight lifting do what weight is comfortable for you and do not try and impress other people because that is how you can injure yourself badly.

4. Does working out help you in the classroom?

Working out has helped me in the classroom every day because it keeps me focused and scientifically it is proven to stimulate brain endorphins which increases academic performance.

5. Any additional comments about the importance of daily physical activity?



Try and engage in some type of physical activity 6 out of 7 days a week for at least 30 minutes whether it be as little as walking or as massive as training for marathon.

Reference List:

Barbell Addicts. (n.d.). Infographic- Benefits of Exercising Daily. Retrieved from <https://barbelladdicts.store/blogs/news/infographic-benefits-of-exercising-daily>

7 great reasons why exercise matters. (2018, December 14). Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

American Heart Association Recommendations for Physical Activity in Adults and Kids. (n.d.). Retrieved from <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

The Top 10 Benefits of Regular Exercise. (n.d.). Retrieved from <https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>

Email Correspondence:



Gabe.Chasin

📁 Sent - Umich 1:20 PM



Thank You

To: siegmitc@umich.edu

Dear Mitch,

Thank you for taking time out of your day last week to help me out with my informative report about daily exercise. I was able to gain a lot of important information on the importance of daily exercise.

Sincerely,

Gabe