

Why You Need To Develop Your Muscles

Let us look at some reasons why some people decide to stay fit all their lives. We shall also see how the fitness concern started from a mere whim to a serious life task.

Health

As you continue to enjoy the macho image, confidence, and fashion, you may eventually realize the healthy feeling that bodybuilding gives you. You feel less tired and stressed out after office hours than most of your officemates. You seldom get the common cold and flu than the rest. You face every challenge with vigor and gusto, and never seem to run out of energy. As you enjoy all of these, you realize the health benefits of pumping iron, not to mention the youthful look that does not seem to fade even with age. Bodybuilders are known to have their skins stretched out tight and wrinkle-free - no sagging, flabby fat hanging anywhere. Soon, you do bodybuilding more out of health concerns rather than for trivial reasons. As you go through life and see how the ailing and bedridden suffer terribly due to failing health, you hang on to great physical condition as you keep up with your muscle sculpturing.

Discipline

Many bodybuilders get past the muscle sculpturing mania thing and go forward to a rigidly regulated life to get the most of it. Many serious bodybuilders are often heard saying, It is useless to build muscles and destroy your internal organs. However, many vain bodybuilding enthusiasts sculpture their muscles for the sake of external beauty, and ignore their inner health. They engage in incessant drinking, smoking, and other acts that abuse their health. Later, these cause serious diseases that slowly reverse whatever gains they have in their past workouts.

Security

Many say we live in a more hostile world today. Consequently, many bodybuilders today are not as interested in image or fashion as they are in defending themselves and their love ones in case of danger. A growing number of men and women take up gym lessons as a cross training for self-defense. Modern action and suspense movies even stress this need. Media can play powerfully on the imagination of people today. People have always thought that the stronger you are, the better your chances in a survival of the fittest. Armies of superpower nations include serious gym training for muscle build-up. They use the developed muscles not only for hand-to-hand combat, but also for carrying heavy arms and equipment.

Better Athletics

Many athletes today understand the role of muscle development in perfecting skills and performance. Its not just having muscles for building the image anymore. They realize that muscles must be subjected to tough conditions in order to handle extreme demands during a performance or competition. In addition, strong and flexible muscles are easily commanded by the will and the mind to obedience. It is hard to tell your leg muscles to run faster when they get strained or tired easily.

Job Stability

The number of people who see the connection between their stable jobs and their health grows by the minute worldwide. Most companies seldom retain sickly people. In this light, more and more people are becoming health-conscious. They seriously incorporate in their daily rigor weight training, whether light or heavy. Physical conditioning also keeps them smart and alert to do their jobs accurately and satisfactorily. Physical conditioning gives you good blood and oxygen circulation. This gives the brain the substantial amount of blood and oxygen it needs to perform better.

Happiness for the Family

Many parents take up body building seriously to keep up with their growing kids. Kids have ample supplies of energy. Parents who want to enjoy the growing up years of their children stay fit to cope up with their kids energy. Kids can go biking, running, playing, swimming and laughing all day long. Then, before lights off, they still want their parents to tell them bedtime stories at night. These factors, plus keeping a stable job or business, make up for a happy family.

Productive Life

In both your youth and adulthood, you would want to get the best out of life. You are an accomplishment-oriented being. This is what keeps humans apart from animals. As you plan to reach this and that goal, chances are, you would realize that life is short. Then you would want to prolong it anyway you can. For sure, health would be a serious concern to you. Then bodybuilding would seriously come into mind. It is a rule that good health means you have to lift some weights to strengthen your body. From simple walking, running, and jumping, to the complications of lifting barbells, the principle is that you have to lift some weights in order to stay in shape.

In all the previously mentioned, you read the reasons why people resort to bodybuilding. You also learned how the reasons could evolve from vain to serious ones. If you take life seriously, you may also want to consider launching a discipline in muscle sculpturing.

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About the Author

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