As mid-school students hit that adolescent growth spurt, many students who were very active as younger children choose to be less active in high school and mid school. This probably can, again, influence your overall health and the quality of your life. By including exercise as a part of your daily activity, it really can make you feel better, it creates these great things in your brain that really make you fell better about yourself and about those around you. It also helps you to eat less. You don’t become as hungry if you exercise regularly.