

WEEKLY WELLNESS



Exercise: A Great Lifestyle

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There's no doubt about it. Keeping fit is one of the best lifestyle choices. Not only does it keep you healthy, it also gives you energy.

During today's time of self- quarantining, many are forced to stay home and have to find means of doing daily tasks without leaving their homes. Amazing technology gives us these alternative options, however, it also gives us the option to live a sedentary life.

Many of us, (if not already) will find that those pants that we used to wear to work no longer fit. This is due to the fact that while at home, food is always there to be eaten, and we are not getting the same amount of movement that we once did in the work setting. Along with a sedentary lifestyle comes weight gain, lethargy, and poor dietary health.



Benefits of Exercise

Any sort of physical activity carried out for an extended amount of time to improve health and fitness is considered exercise. It is recommended to get 150 minutes of exercise a week (that's 30 minutes for 5 days a week) for a greater benefit of health.

Some major benefits of exercise are:

Increased energy: A rise of energy is experienced when exercise is introduced into one's lifestyle.

Increased strength, endurance: Every workout helps to strengthen and condition your body, making you even stronger for the next time.

Better Mood: Exercise is great for mental health. It is a natural mood booster, as your body releases endorphins. These chemicals help in the combating of stress and depression.

Weight Loss: When you move your body for the recommended amount of time per week, you burn a heap of calories. This will lead to a successful weight loss when accompanied with a proper diet.

A more defined figure: Not just do you lose weight! Some people have seen definition in their body weeks after working out. Depending on the frequency and intensity, the definition can be very prevalent.

Boosts Health: Exercise helps to improve health and strengthen your immune system. It lowers one's risk of coronary heart disease, helps to minimize asthma symptoms, helps to control blood sugar and insulin, and can reduce one's risk of getting some cancers.

Stay Young: Exercising is the Fountain of Youth. Older adults who exercise maintain their shape from their youth, are alert, stronger, have sharp thinking, and could live to have a longer life.

Better Sleep: Exercise helps people to sleep, and remain asleep longer.

Forms of Exercise

Exercise doesn't have to feel boring. There are many different ways to stay active:

Walking/Hiking: Hike up a mountain, or just walk around your neighborhood.

Cardio Workouts: Great for getting the blood pumping!

Fight Fitness: Work out with ancient technique! (karate, kickboxing, taekwondo, capoeira)

Dance Fitness: Get sweaty by dancing! (Zumba, Barre, Jazzercise, HipHop)

Relaxing: Steady, slow paced, and low impact. (Yoga, Tai Chi)

High Impact Strength Training: For those who are focused on gaining definition. (Weight Lifting, HIIT, Crossfit)





Getting the Family Involved

Exercise is not something that needs to be done alone. Including those that are near and dear to you can help make workouts more enjoyable and makes it easier for you to maintain motivation.

There are many activities that you and the family can do together to keep active. Some ideas for family physical activity include:

Morning Stretching: When you get up in the morning put on some relaxing music and spend some time stretching. This is great for before bedtime as well, as it relaxes your body.

Get outside: The great outdoors await! Outdoor activity, such as bike riding, swimming, hiking, walking, or playing a game of tag is sure to give the family a nice workout.



Dance Party: The younger kids will love this! Put on some danceable music for your kids and break out in dance. You'll love it too because are burning calories while having fun!

Be a kid again: Playing childhood games with the kids are a great way to keep them busy, and to get a workout at the same time. Some great games include "Tag", "Duck Duck Goose", "Red Light Green Light", and "Simon Says".

Exercise Videos: Put on a workout video, and invite your family to join in. Sometimes all it takes is another person to help to keep you going.

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