

THE BENEFITS OF EXERCISE

A balanced diet is essential for a happy, healthy life, but without regular exercise, no amount of kale or quinoa will make up for a lack of movement. Just like certain foods protect us from heart disease, cancer, and diabetes, regular physical activity has incredible benefits too. Without exercise, it's hard to reach your full physical and mental potential.



- Controls weight
- Lowers blood pressure
- Improves quality of sleep
- Delays loss of muscle mass
- Improves balance and coordination
- Improves flexibility
- Improves digestion
- Reduces osteoporosis
- Reduces joint stress and back pain
- Decreases risk of heart disease
- Improves heart health and decreases existing damage
- Decreases inflammation
- Improves immune function
- Improves liver health
- Improves insulin sensitivity and reduces risk of type 2 diabetes
- Increases energy and reduces risk of depression, anxiety, and stress
- Improves cognitive function

It's important to remember that bio-individuality applies to exercise and no one form of exercise will work for everyone. Some people do better with more gentle, centering exercise, while others require vigorous activity. Experiment with walking, running, biking, swimming, yoga, Pilates, dancing, and simple strength exercises like planks and squats – your options are endless. When you find what works for you, you'll be more likely to do it consistently and reap the benefits, including increased energy, improved mental clarity, optimal digestive health, and better mood

Exercise also produces the feel good hormone serotonin, which has an uplifting effect on your entire body. Discover what you love, and stick with it.

So what's the secret to a successful and consistent exercise routine? Accountability! Whether you rely on a friend, family member, trainer, or simply your own willpower to keep you in check, having a goal system to track your progress is crucial.

Record each time you exercise and how you feel, then check in with yourself once a week. Don't forget to honor your great work with self-care – a massage, long walk, or watching your favorite TV show guilt-free during your rest day.

Acknowledge all the types of exercise you do. Don't feel like yoga is a workout? It is! Feel like you need to run 10 miles to make it count? Actually, less than a mile in, your endorphins are already soaring. Once you find what works for you and start noticing all the benefits you're gaining, exercise will be second nature and your body will thank you for it.

“The body heals eight times faster when you exercise regularly.”

- Kris Carr