NUTRI HEALING
Nutritional Therapy

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What stops people exercising? - July 2011

Inside this months issue

When summer is here we think of longer days and warm summer evenings. We seem to have more time especially for outdoor activities. So maybe now is the time to think about moving your body more and indulging in a little exercise!! Who knows you might even enjoy it and realize the benefits to your health that exercise brings. So read on if you would like to know the reasons why exercise is so good for you!!

What stops people from exercising these days?

There are many reasons why people don't exercise, time is one of the biggest reasons. Everyone seems to lead such busy lives and many more people have long commutes to work and spend more time working. If you spend an hour and half travelling each way, that's three hours out of your day, fifteen hours a week, which leaves less time for exercise. We now use our cars more and not our legs, and modern technology has replaced a great deal of physical labour.

Kids spend hours on the computer or console games instead of sports or playing in the park. It's not always safe for kids to play outside as previous generations did, so why not join them and get some exercise yourself. Exercise should be fun, not something you feel you have to do. If you don't enjoy it, you won't stick at it. If it is fun, it's sustainable so find something that will get you moving while you are having fun at the same time.

So what is important about exercising?

There are a number of reasons why it is important to be physically active and the benefits are there regardless of age, sex or physical ability. It makes you feel better, gives you more energy, and maintains good body weight and muscle tone. Below are more reasons for you to consider increasing your movement or exercise each day.

Improves Quality of Life

Once you start to exercise daily, you will discover how important it is in reducing stress by relieving any frustrations and anger. It can improve your sleeping pattern: A good night's sleep can improve your concentration; productivity and mood, so physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. It can keep you looking and feeling younger throughout your life.

Helps Prevent Diseases

Our bodies were meant to move, before we had cars, we used to use our legs and walk more. Before computers we used to move around the office more and interact with our colleagues more. Regular exercise is necessary for physical fitness and good health. It helps reduce the risk of heart disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

Healthier skin

Exercise increases circulation, bringing blood flow to the skin surface, carrying nutrients and flushing away toxins. Your skin looks younger, has a glow and is healthier.

Increase our sex drive

Are you too tired to have sex, or feeling physically unattractive to enjoy sex? It is thought that regular physical activity can leave you feeling energized and looking better, which could have a positive effect on your sex life!!

Increase metabolism

Exercise is also a key to weight control because it burns calories. If you burn off more calories than you take in, you lose weight.

Improves Stamina, muscle tone

When you exercise, your body uses energy (calories) to keep going. Aerobic exercise involves continuous and rhythmic physical motion, such as walking and bicycling. It improves your stamina by training your body to become more efficient and use less energy for the same amount of work. As your conditioning level improves, your heart rate and breathing rate return to resting levels much sooner from strenuous activity. With resistance training this will develops your muscles, bones and ligaments for increased strength and endurance. Your posture can be improved, and your muscles become more firm and toned. Also may help to prevent osteoporosis.

How much exercise should I do?

Any exercise is good but don't overdo it to begin with, start slowly if you are starting an exercise program.

- Ideally you want an exercise routine that includes stretching exercise for flexibility, aerobic activity for cardiovascular fitness and resistance exercise for strength and toning - join a gym 3 times a week.
- Stretching can be done every day at home, five to 10 stretches that target the major muscle groups. Hold each stretch for 10-30 seconds. Try dancing while your doing your housework.
- If you are not keen on the gym, take up dancing or aerobics, swimming, tennis, walking, jogging, and gardening. Use the stairs instead of the lift and get off the bus a stop earlier than you need to and walk the rest.
- Buy a step counter and set a target of increasing your steps by 200 each day.

There are many ways we can move in our day, so find something you will enjoy doing and start moving today to enjoy the benefits. It's a 'Win Win' situation!!