



THE

Importance Of Exercise

Workbook

Exercise & Why You Need it

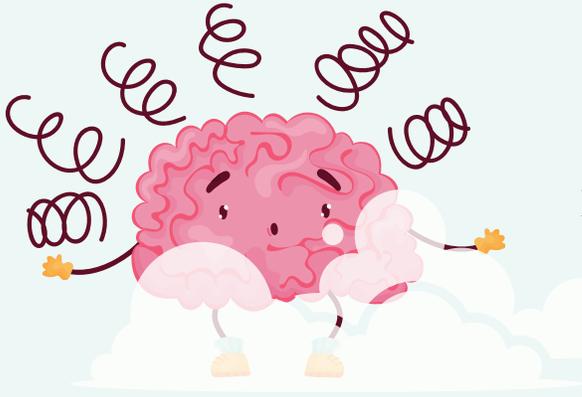
Let's be honest we all know that exercise is good for us. However, most of don't make it a priority. Unfortunately, most people don't realize just how much of a disservice we are doing to ourselves by not getting enough exercise into our daily routines.

Get ready to find out just how beneficial exercise can be for your mental and physical health including which exercises will give you the most bang for your buck. Not to mention we will also go over how to identify if you are not getting enough exercise and how much is too much. At the end of this week, you will have learned the best way to ensure that your mind & body will stay healthy as long as possible. So, let's jump right in!

*Pamela
Tremblay*

Why

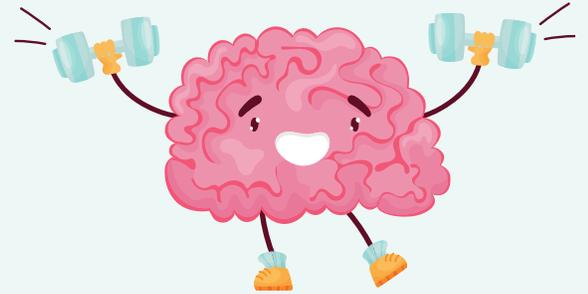
SHOULD YOU EXERCISE?



Brain Fog

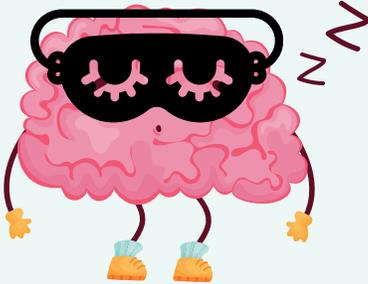
Exercise helps clear brain fog and replaces it with improved concentration & alertness.

Brain Health



It also strengthens your hippocampus, making your brain stronger and protecting it from Alzheimer's.

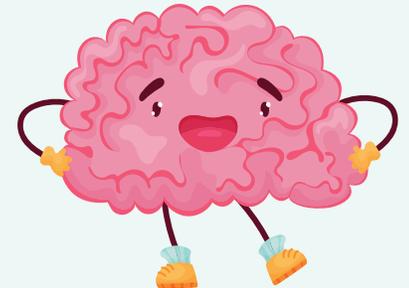
Trouble Sleeping?



Research shows that the quality of your sleep can be improved significantly if you exercise 30 mins a day.

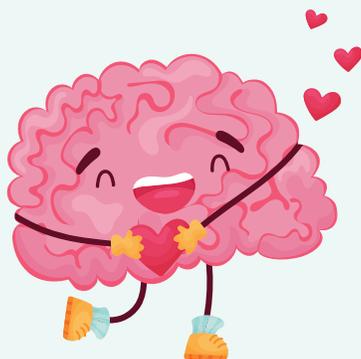
Stress Relief

Exercise releases endorphins which help reduce pain levels and boost our mood.



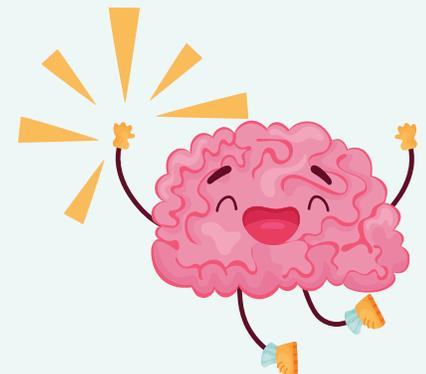
Energy Boost

Exercise increases adrenaline production which boost our energy levels.



Heart Health

Exercise helps improve circulation and strengthen your heart while reducing your risk of heart disease.



How To

REACH 10,000 STEPS A DAY



Get Up & Go

Exercising first thing in the morning has been shown to be more effective at increasing consistency in workouts.



Show Up Everyday

Most of us do great and getting our workouts in during the week and end up having to make up for our weekend misses.



Don't Over Do It

When you do too much per workout you reduce the likelihood of being able to be consistent.

Find A Workout Buddy

Friends are a great way to increase your success due to the fact that they increase your motivation.



Benefits of Exercise



Improve Sleep



Manage Weight



Heart Health



Stress Reduction

Why

YOU SHOULD MOVE DAILY



Reduce Risk Of Heart Disease



Improve Lung Health & Capacity

Reduce Sugar Cravings



Reduce Risk Of Chronic Diseases

Mood Boost



Aids In Cancer Prevention

Prevent Disability In Elderly



Delay The Signs Of Aging

Improves Circulation & Reduces Risk Of DVT



Lower Blood Pressure

Boost Immunity levels



Reduce Risk Of Stroke In Women

Promote Natural Weight Loss

Aids In Digestion



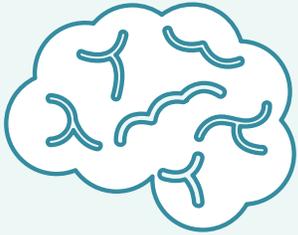
Avoid & Manage Diabetes



Reduce Risk Of Alzheimer's



How to **MAKE EXERCISE A HABIT**

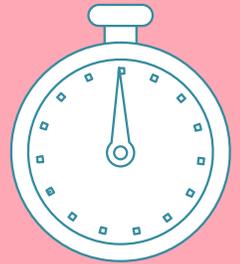


Brain Dump:

Identify & write down different types of exercise you enjoy. Break it down by am & pm activities. Create a list of your workout buddies.

Create a timetable:

Divide the lists into workout activities and commit to what day and time you will do them. Mix it up so you don't get bored.

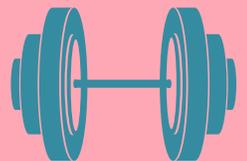


Put it all together:

In the journal provided plan out your morning or evening workout routines.

Be Flexible:

If you miss a day of exercise, don't give up! Make a plan to start again.



Put it to the Test:

Now that you have your daily routine test it out. Remember that it takes 21 days to build a new habit.

BEST EXERCISES

To Lower Stress Levels



Yoga

Yoga is a great exercise option for stress relief because there are a number of different intensity levels and they are all designed to help promote breathing and circulation. Breathing and circulation are often the first areas to take the largest hit during times of high stress.



Running

Running also increases flexibility and boosts energy, which results in an improved sense of well-being. Other benefits include better balance, more restful sleep and increased cardiovascular fitness.



Walking

Walking frequently can reduce the incidence of many of the stress-related conditions, including cardiovascular disease, high blood pressure and cholesterol, and type 2 diabetes. People with regular walking regimens also report reduced stress levels and a self-confidence that comes from taking an active role in their well-being.



Weight Lifting

Weight lifting isn't just about bulking up and building muscle mass. Its benefits include improved posture, better sleep, gaining bone density, maintaining weight loss, boosting metabolism, lowering inflammation and staving off chronic disease, among a laundry list of positives.



Pilates

Pilates is a series of exercises that emphasizes body awareness, core strength and proper alignment. With its equal focus on strengthening and lengthening muscles, Pilates creates a physical harmony that simply doesn't allow stress to take hold as easily.

BEST YOGA POSES

To reduce anxiety.

Why work harder when you can work smarter?

Hold each pose for 10 breaths and repeat
for a total workout of 20 minutes.



Fish Pose



Mountain Pose



Childs Pose



Front Fold Pose



Cow Pose



Eagle Pose



Warrior 1 Pose



Cobra Pose



Savasana Pose

Want to know more?

I hope this week's focus on exercise has helped you see just how important movement is for not only your physical health but your mental health as well.

Remember at the end of the day it is all about being consistent in everything you do and having a number of ways to support your body and mind.

Remember to read the workbook for even more helpful tips to stay committed and consistent with your new exercise routine!

*Pamela
Tremblay*