



Exercise and Fitness

EXERCISE

For some people, the word “exercise” is not an attractive thought. But there are an unlimited amount of scientific studies that show how important exercise is for:

- Mental health and stress reduction
- Bone health and muscle strength
- Lung function and cardiovascular health

And I'd like to add: building a community. Joining a gym is a way for you to meet new people and make new friends.

Here's what I know: You need to choose your own form of movement.

I can't say to you: do this form of exercise, if you hate it, it's not going to happen, and you'll just feel bad.

Here's another thing I know: Find a form of exercise, and I'm going to provide a list of the options below, and commit to it at least three times a week. Within a month, you are going to start feeling and seeing the benefits.

What are those benefits? I think the first thing is an increased feeling of satisfaction in your accomplishment, which leads to more positive self-esteem. Your body will start to change: you'll have increased stamina, your sleep will improve and some mental health issues respond positively to exercise. I'd say that's a great deal of improvement from just one month of working out.

There's one other thing I want to add: When you go to work-out, look nice. You might think, “Why do I need to do that if I'm just going to get all sweaty?” When you look in the mirror, and you see yourself looking nice in your work-out outfit, it makes you feel good about yourself. It's not necessary to buy yourself a new work-out outfit, but it might be something to aim for. It's a way to treat yourself with respect and express the self-esteem you deserve.

Here are some of the many exercise options available to you at any given day:

- Walking- slowly or briskly
- Jogging, Running
- Tennis, Badminton
- Swimming
- Sculling, Rowing
- Yoga
- Pilates
- Team sports: Baseball, Soccer, Volleyball, Basketball
- Weight Lifting and Body Sculpting

And finally, I recommend:

Commit to movement!

- A daily 20 minute brisk, enjoyable walk, weather permitting.
- More intense cardio workout with an increase in your pulse and sweating three times a week.