

Look & Feel Great Method Nine Steps To Healthy

Step 5: **Health Benefits of Exercise and Movement**

The goal for living a healthier lifestyle incorporates many factors and if one is deficient in nutritional markers then first we turn to healthy eating and compliment it with individualized supplementation to assist the body to get in balance and try to reach optimal functioning. This is why I utilize functional medicine testing since it is proactive and show how the body is functioning across key systems as well as nutritional markers.

Health Benefits of Exercise and Physical Activity:

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance

Short-Term Benefits of Exercise

- Relaxes and Revitalizes Physical activity reduces mental and muscular tension, and at the same time, increases concentration and energy level.
- A Break From Daily Routine and Worries Physical activity is like a mini-vacation—you're allowed to have fun.
- Helps You Feel Good About Yourself Physical activity increases your self-esteem and self-confidence.
- While many people start a physical activity program because of long-term benefits, it's the short-term benefits that keep them motivated to continue the habit..



Make Exercise fun!

- Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!
- Exercise doesn't have to be drudgery:
 - Take a ballroom dancing class.
 - Check out a local climbing wall or hiking trail.
 - If you have little kids around you then take them to the park, jungle gym, swing set and have fun.
 - Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!
 - Count your daily steps, checkout dancing classes, yoga, DDP Yoga, HIIT workouts, play some sports.
- Start reaping the benefits of physical activity today!

Step 5 Action:

How much and what type of exercise you do will depend on your fitness level, goals and time constraints, but a complete exercise program should include cardio, strength training and flexibility exercises.

Review the Fitness Personality questions PDF , the Cardio, Strength Training and Flexibility Guidelines PDF, the Abdominal Breathing Technique PDF, and print out the 4-Week Exercise Log PDF. Try the abdominal breathing technique.

Review your exercise regime:

1. Are you exercising?
2. How can you commit to non-negotiable exercise time - called 'me' time?
3. What physical exercise do you enjoy? biking, swimming, walking, running, yoga classes?
4. I want you to decide on a specific exercise to commit to and this can change from time to time.
5. Now, I want you to carve out non-negotiable time to exercise. Like any exercise or health regime, you must make sure that you are fit to start exercising and see you medical practitioner for clearance to start.

Added Bonus:

If you want me to review your current or newly developed exercise regime then send it over and I will review them as well as the answers to the questions above and the Fitness Personality questions.



CONGRATULATIONS for completing Step #5!

Next is Step Six: Role of Restorative Sleep

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