

Boosting endorphins, energy & efficiency

EXERCISE & ENDORPHINS

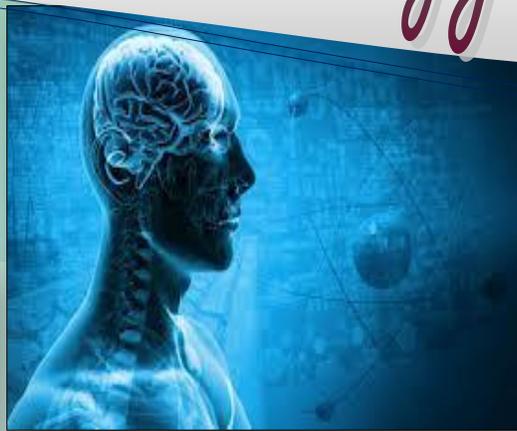
By increasing your heart rate, raising your core body temperature, boosting oxygen levels and improving cardiac output, exercise triggers several known biochemical reactions.



Endorphins are one of the well-documented reactions that take place after working out. Endorphins are feel-good molecules that bind with neurotransmitters in the brain to reduce the perception of pain. Besides relieving pain, endorphins help reduce stress, boost immunity, slow the aging process and create a sense of euphoria.

RECOMMENDED METHOD

While just about any walk will help to clear your head and boost endorphins (which, in turn, reduces stress hormones), consider walking in a park or other green space, which can actually put your body into a state of meditation, thanks to a phenomenon known as "[involuntary attention](#)" during which something holds our attention, but simultaneously allows for reflection.



EXERCISE & ENERGY

Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

High amounts of stress cause the body to expend more energy, which can put you in a position where you crave more carbs, protein and fats.

RECOMMENDED METHOD

Research says morning exercisers tend to be more consistent and stay with their workout routines longer. However, Registered Dietician, Lacey Patton says that whether you are able to hold an exercise routine in the morning is dependent upon the individual. The goal is to be consistent. If you currently don't have an exercise routine, start with 10 minutes per day, increasing the duration every 3 to 5 days. Lacey also says to change your exercise routine frequently.

"When it becomes monotonous we tend to "fall off the wagon" because we are bored with the same old thing."
-Lacey Patton, RD



EXERCISE & EFFICIENCY

It is all too common if you are feeling stressed, busy or overwhelmed to skip out on exercise. The important thing to remember about exercise when you're stressed and busy is to be as efficient with your workouts as possible.

Registered Dietician, Lacey Patton, suggests making exercise/activity a part of your daily routine. If it becomes a habit you are more likely to commit. Make an appointment for yourself or find a "buddy" to workout with; this can help you hold yourself accountable to the workout session. Also eat a balanced diet, adequate in protein, to help give you the continued energy to participate in an evening workout.

Healthy Heart



Inactive people are nearly twice as likely to develop heart disease as those who are active.

EXERCISE CAN IMPROVE STRENGTH

- ✘ The heart is a muscle and gets stronger with exercise
- ✘ Enables the heart to pump more blood through the body
- ✘ Lowers resting heart rate as the heart is more efficient

Before you start exercising, talk to your doctor about what's right for you. The U.S Department of Health & Human Services recommend at least 2 ½ hours of weekly moderate-intensity exercise. Moderate aerobic activity is defined by the Centers for Disease Control and Prevention as any activity that increases your heart rate and breathing, but still allows you to carry on a conversation.