



BODY RESET - DAY 8

risewellnesshub.com

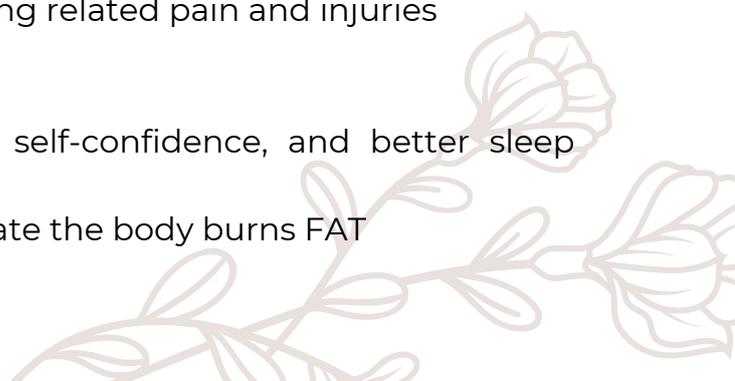
Why Exercise Is Important



I'm so excited to share about the importance of exercise, by engaging in exercise, whether it is moderate or high intensity (depending on our individual fitness levels of course) will give you so many benefits and help your body detox.

Here are just a few benefits of exercise:

- a reduction in the risk of heart disease, stroke, diabetes, osteoarthritis, cancer, skin problems, respiratory conditions, infertility, gallbladder disease, and hypertension.
- increased muscle tone, body tone, strength, endurance, cardiovascular fitness and energy levels .. and we have more energy when we exercise, I know that when I skip a workout .. I actually feel more fatigued, so dont cancel that appointment with yourself, remember "bosses don't cancel appointments"!
- increased core and joint stability, reducing related pain and injuries
- better recovery from injury and illness
- posture and flexibility improvements
- improved performance levels, greater self-confidence, and better sleep patterns, increased libido
- a stronger metabolism, increasing the rate the body burns FAT

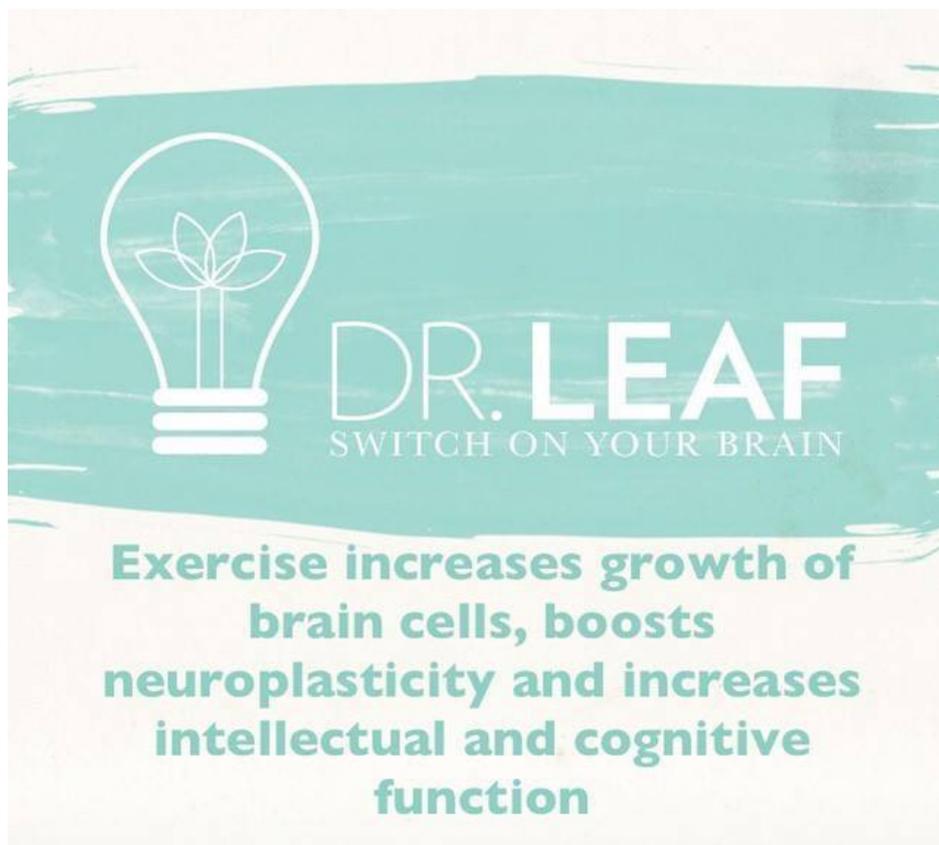


Modern lifestyles have a way of draining our power and self-responsibility. Today's world has quietly shifted our attention away from looking after ourselves to looking after our careers, our mortgages and our social lives. These things have a place in our lives, but it's when the truly important things in our world take a back seat because we simply don't have the time, the energy, or the focus to look after them and give them the attention they need - that's when our lives become distorted. When we look after our bodies, by engaging in exercise, we are becoming better parents, employers, grandparents.

The truth is we will always be able to look after others better when we have taken the trouble to look after ourselves.

So to summarize: Exercise is "loving our bodies back", it is a natural antidepressant, changes our mood, our attitude, and gives us that much needed mental release. Exercise is so good, it's good for us to get those heart rates up, feel the rush of blood through our veins as our hearts beat faster and allow the rush of serotonin (happy hormones) and endorphins (stress relieving hormones) to flow freely.

One of the GREATEST benefits of regular exercise is we'll feel HAPPIER!



And yes, you can still enjoy your lean red meat or your chicken.

All meats are a great source of essential amino acids and can be rich sources of iron, zinc, vitamins and minerals depending on the meat.

If you're looking to change your diet but aren't sure where to start the Mediterranean Diet, for example, is considered by many experts as a well-balanced starting point, being low in saturated fats and having an emphasis on fish and vegetables.



