

UPDATE UNLEASHED

Workout Unleashed Free Monthly Newsletter # Issue 3

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THE BEST DIET EVER!

The best diet ever is the one you can stick to. It's important to find an eating regime that you can stick to, not just for a month, but for long term. Diet adherence is the number one reason why nutrition plans work, so find out what works for you to be successful.

Not sure how to go about this? Contact me today to discuss a strategy that will work for you!

10 Minute Walks...YES!

1. It Promotes Heart Health - Walking has tremendous benefits for the heart: it drops blood pressure, regulates blood sugar, and lowers cholesterol, which are all risk factors of heart disease.

2. It Improves Brain Function - Ever notice how walking clears the mind? It's more than just a figure of speech. Walking might not raise your IQ, but it does help to improve concentration, focus, and attention span. Exercise increases the level of BDNF, brain-derived neurotrophic factor. BDNF has been shown to preserve the health of existing neurons and create new ones.

3. It Eases Depression - The best way to turn a frown upside down is to hit the streets with our feet. Exercise in general, and walking in particular, releases endorphins, "feel-good" chemicals, in the brain.

4. It Improves Bone Health - One of the best ways to improve bone health is to do weight-bearing exercises such as walking. Weight-bearing exercise is any exercise that requires the body to work against gravity.

5. It Burns Calories - It's no secret that all exercise burns calories. What's surprising is how many calories we burn just by walking briskly for 10 minutes. On average, we burn about 50 calories for every 10 minutes of brisk walking (depending on your weight).

6. It Helps You Breathe Easier - When we exercise, our bodies need more oxygen. This means our lungs have to work harder to deepen and quicken the breath. The more we require of our muscles, the stronger they get. This is also true for the lungs. With regular walking, we increase our lung capacity, and that makes for easier breathing.

7. It Increases Mindfulness - Walking helps clear the mind. It also helps to increase our awareness. When we step outside, we activate all of our senses. We feel the sun and breeze on our faces. We notice scents. We constantly change the scenery in our field of vision as we walk. Rather than letting the world pass us by, we can take time on a walk to be present and notice our environment. This practice will enrich all of our moments, even after the walk is over.

8. It Reduces Stress - As mentioned above, walking increases endorphin levels in the brain and gives us the ability to take fuller breaths. These two benefits also help us to rid the mind and body of stress. Exercise of most kinds can drop our level of cortisol, also known as the stress hormone.

9. It Reduces Pain - A lot of our physical aches and pains come from underuse, not overuse. When muscles, ligaments, tendons, and fascia aren't used, they get tight. The less they're used, the tighter they get and that tightness causes a lot of pain, particularly in the lower back and joints. Walking is a gentle way to get moving and keep moving so our bodies stay limber, flexible, and pain free.

10. It Breaks Up Your Day - Get out of the office and get moving. Sitting at your desk all day is not good for you or your productivity.

The November Walking Challenge...

I challenge you to get out 3 times each day for a 10 minute walk during the month of November.

Aim for 10 minutes after breakfast, 10 minutes after lunch and 10 minutes after dinner.

Keep in mind that this is in addition to your normal exercise routine.

I guarantee you'll feel the benefits in just a few days. So go on, meet the challenge!!

