

I HATE TO EXERCISE - EVEN IF IT IS JUST WALKING. DO I HAVE TO?

-Sally B.

Let's start first by changing the word "exercise" to "movement". I think all of us that have fought weight problems do not want to hear the word exercise again! I must say that you do not have to do anything that you don't want to do!!!! I don't know about you, but when I am told I HAVE to do something, the hair stands up on the back of my neck, I start doing all kinds of physical contortions, and the more I DO NOT want to do it!

So...for the best results with CREATING YOUR IDEAL BODY. It is a good idea to add more "movement" to your daily activities. Park farther than usually from the front door of the department store or grocery store. When putting things up in the house take one thing at a time. Take the stairs instead of the elevator. Speed up your pace a little bit more than usual. Play some fun, fast music and dance for 5 minutes. Go for a morning or evening walk by yourself...Think of new ways to add more movement into your day.

Movement is a necessary part of CREATING YOUR IDEAL BODY. It is beneficial to speeding up your metabolism in order to burn more calories, escort toxins out of the body, protect your lymphatic system, and increase hormones in the brain to have a better sense of well being, reduce stress, curbs appetites and the urges to binge. In addition, movement conditions the heart and respiratory system, pumping oxygen to all parts of the body. It even helps your body's response to insulin...another hidden weight gain factor.

So...why not grab a friend, family member or the dog? The minutes will fly by and you will get in some good quality time or put on some headphones and listen to your favorite tunes! Smile and enjoy yourself!!!!