

Exercise - Find ways to move that YOU enjoy!

We all know that exercise is good for us but that doesn't make it any easier to get out there and "just do it"! But perhaps that's the problem! Perhaps some of us are treating exercise as a chore. Perhaps we are looking at it all wrong.

If the idea of exercising brings drudgery, pain and dread to mind, it's time to step back and find out why this is the case.

When you think about exercise, what comes to mind?

Perhaps you've connected exercise with dieting where your primary focus has been to lose weight. When you stop dieting, what's the point to exercise?



SCW Newsletter is now being published quarterly

Next newsletter
January 2020:

Honour you health with Gentle Nutrition

Nutrition is put as the last principle in becoming an intuitive eater because if we talk about nutrition too soon, the temptation is to turn this into another diet or a menu. See January's newsletter to learn more about nutrition recommendations. Here's a sneak peak: ·

Recommendation #1

Enjoy eating - not too much - and not too little. Mainly what satisfies you and feels good in your body.

“In matters of taste consider nutrition and in matters of nutrition consider taste”

Julia Child & 1980's Global Culinary & Health Working Group

What exercise do you enjoy?

Or perhaps you go through phases where you are super motivated and decide to walk everyday for 60 minutes only to realize that you actually don't enjoy walking or that 60 minutes/day was way too high and unrealistic a goal.

If your primary experience with exercise has been around dieting and weight loss, you may have never stopped to ask yourself, "What exercise do I enjoy?"

Health benefits of exercise



We are all familiar with the health benefits of exercise including reducing the risk for heart disease, high blood pressure, certain cancers, osteoporosis and fractures, type 2 diabetes.

But exercise also improves our quality of life. So if you can't get beyond exercising for weight loss, check out the other benefits to exercise and see whether any of those would be helpful for you!

Other benefits of exercise all in the absence of weight loss!

↑ energy

↑ self-esteem

a sense of achievement & empowerment

improved sleep patterns

↑ attunement to hunger & fullness signals

↓ stress, anxiety & depression

↑ mental focus & improved memory

Improved digestion

Improved menstrual cramps

Improved insulin sensitivity and improved blood sugar control

Improved coordination, balance & flexibility

Exercise = Physical Activity = Movement

So ask yourself, what do you want to get out of exercising? And if another word other than exercise works better, like physical activity or movement, then use that word. The idea is to get your body moving in ways that you enjoy.



Beyond sports & working out Take breaks from sitting

Exercise and physical activity do not just mean sports and working out. There are all kinds of other activities. See the list I have included in this newsletter – and these are only some examples. Find what works for you!

List of Physical Activities

- Basketball
- Dancing (zumba, line dancing, hip-hop, ballet)
- Gardening
- Hiking
- Tai Chi
- Laser Tag
- Playing with your children
- Swimming
- Trampoline
- Walking
- Yoga
- Weight lifting
- Kayaking/canoeing
- Playing with your dog
- Soccer
- Roller skating/roller blading
- Tennis
- Ping pong
- Golf



Another interesting little tidbit. Just focusing on sitting less during the day can also improve your health. In fact, even if you exercise regularly, this does not protect you from the effects of sitting too much. The good news is that all you need to do is take breaks from prolonged periods of sitting and you can do this without even breaking a sweat! So when you're faced with long periods of sitting, try the following:

- break up prolonged sitting time with stretching, getting up, turning or bending
- use a timer or your smartphone or electronic app to prompt you to get up after sitting for prolonged periods of time (like 45-60 min)
- find different ways to sit that engage an active posture (bar stool, balance ball)
- walk around when talking on the phone
- take stand up breaks while sitting and reading
- take your lunch break away from your desk
- stand while you work
- for meetings, schedule a walk-and-talk meeting
- on an airplane, get up and take a stretch break or walk up and down the aisle
- on a train or bus, get off one stop earlier

References

Hensen, JD, Dunstan, MD and Yates, T. 2016. "Sedentary behaviour as a new behavioural target in the prevention and treatment of type 2 diabetes. "Diabetes /Metabolism Research and Review 32 (Suppl.1): 213-20. Tribole, E. & Resch, E. 2017. "The Intuitive Eating Workbook" Oakland: New Harbinger Publications..

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you can find them on my website: www.scwnutrition.ca
Just scroll down to the bottom.

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