

WINTER 2020

WHOLE BODY FITNESS W/LAJUANNA



Transforming Lives Through Fitness

STRIVING TO ENCOURAGE, EMPOWER & EDUCATE

As we settle into our new routine of how we work and come together virtually, the amount of time we are sitting has greatly increased along with weight gain, anxiety and depression. Yep you guessed it "Exercising on a regular basis is vital to our mental and physical well being; living our best life depends on it." You can change in a state of pain and suffering or you can change in a state of happiness and inspiration

"EXERCISE IS **THE** MEDICINE"

INTERNAL BENEFITS OF EXERCISE

- IMPROVES YOUR BLOOD CIRCULATION
- IMPROVES YOUR MOOD AND OUTLOOK
- INCREASES YOUR ENERGY
- IMPROVES YOUR FOCUS AND ATTENTION
- IMPROVES YOUR MEMORY
- RELIEVES STRESS, ANXIETY, & DEPRESSION
- CAN SLOW DOWN THE AGING PROCESS

Did you know that your Flexible Spending Account can pay for your fitness sessions?

As an Exercise Physiologist M.S. and

Fitness Lifestyle Coach,

Whole Body Fitness w/Lajuanna

qualifies for reimbursement of wellness benefits

paid for my services, with a simple physicians note stating that "fitness services are important for the wellbeing of a patient."

PURCHASE 10 VIRTUAL FITNESS SESSIONS

GET 2 FREE (EXPIRES 12/31/20)

IT ALL STARTS WITH A THOUGHT

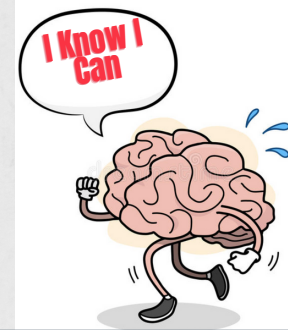
Everything we do begins and ends with a thought that's transmitted from our brain to the rest of our body based on the action that takes place. As soon as we think and begin to prepare to exercise chemicals are released from our brain to prepare our bodies for physical action. This is our fight or flight hormones known as adrenaline. This hormone is also released under stressful thoughts or situations that can be harmful to our bodies if proper action is not taken to alleviate the stress that is perceived. When we increase our heart rate through exercising it increases the circulation of blood throughout our body; especially the brain. The increased heart rate is followed by harder and faster breathing that pumps more oxygen into the blood stream and more oxygen is delivered to the brain. More oxygen to the brain leads to generating and creating new nerve cells that transmit impulses to different parts of the brain that affect how we think, feel, and move. Additionally, blood vessel growth also occurs in areas of the brain that are associated with rational thinking and social, physical and intellectual performance.

"I am the greatest, I said that before I knew I was"
Muhammad Ali

We must speak it into existence and live it in order for it to manifest into reality.

EXERCISE RELIEVES ANXIETY

According to the CDC, Anxiety disorders are the most common mental illness in the U.S. affecting 18.1% of the population 18 and older. Anxiety is harmful to the brain and this is due to the stress hormone cortisol which damages parts of the brain involved in memory and complex thinking. There is evidence that suggest that people who experience anxiety on a regular basis are 48% more likely to develop dementia.



If you are working long hours and sitting for more than two to three hours it is important to refuel your brain with several 5 to 10 minute exercise breaks throughout the day. You will not only burn some calories, you will also be more alert and focused. Give my five minute fitness break work out video a try on my YouTube channel: Whole Body Fitness with Lajuanna.



Essential Fuel

Our bodies function best when we consume foods that are essential to our health. "Hoppin' John" is easy to prepare and it has 6 grams of fiber and 8 grams of protein.

Ingredients: Takes about 30 to 45 minutes.

- 1 small onion diced
- ¼ green pepper diced
- ¼ red pepper diced
- 2 large garlic cloves finely chopped
- ½ fresh jalapeno diced fine
- 1 celery stalk diced
- 1 teaspoon sugar
- Cooked black eyed peas (16 oz dry beans cooked) or 3 cans of black eye peas
- 2 cans of sweet peas or 1 bag of frozen peas
- Cook and set aside 3 cups of uncle ben's brown rice (or any other brown rice)
- 3 teaspoons of ""better than bouillon chicken or turkey base and 2 cups of water Or two cups of chicken broth
- 2 teaspoon of all purpose seasoning, 1 teaspoon black pepper, 1 teaspoon garlic powder.

Using a large pot, saute in oil about ¼ cup: (diced fine) one small onion, 1/4 green pepper, 1/4 red bell pepper, 2 Garlic Cloves, 1/3 fresh jalapeno diced fine, 1 celery stalk (saute until tender).

Add 2 teaspoons of all purpose seasoned salt that has pepper in it already. add chicken broth, black eyed peas (rinsed and drained) and peas and cooked rice.

Water is Vital

As an adult, our body is composed of 60% water; our brain and heart are composed of 73% water, and our lungs are about 83% water. Water is necessary to regulate our body temperature, carry nutrients to the body cells, moisten and cushion joints (just to name a few). As we get older we lose our thirst sensation which can lead to dehydration, headaches, constipation, and muscle cramping. Weight gain can occur because we can actually be thirsty and not actually hungry.

Tips to stay hydrated:

- Schedule water in your day.
- Set a timer to drink 8 to 16 oz every 1 to 2 hours
- Drink half of your body weight in ounces

Rest and Recover

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. It's also important to take time throughout your day to unwind and reflect on all of your many blessings as well as being in the present moment. Take time out for you.

Age aint nothing but a number

One study published in Aging Cell found that older people who exercised regularly throughout their lives had the muscle mass, cholesterol levels, and even immune system function of much younger people. Exercise also helps control blood sugar to prevent diabetes. "Balance and strength training exercises maintain bone strength, decrease arthritis pain, and decrease the risk of falling." Now is the time to start exercising again.

Resources

- <https://www.karger.com/Article/Abstract/223730>
- <https://www.uchealth.org/today/five-reasons-water-is-so-important-to-your-health/>
- <https://www.nature.com/articles/ejcn2009111>
- <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>
- <https://www.thehealthy.com/aging/healthy-aging/slow-down-aging/>

*Let's talk about your Fitness Lifestyle Goals:
Lajuanna Robinson,
Fitness Lifestyle Coach; Exercise Physiologist M.S.
www.wbf-by-lajuanna.com wbf.bylajuanna@gmail.com
734-672-0463*

