

# The Importance of Exercise

Recommendations to consider: Yoga, Racquetball, running, swimming, dancing, lifting weights, walking, hiking, biking, Pilates, Tai Chi.

And if you are just getting started: park at the far end of a parking lot, walk the perimeter of your grocery store a few times.

## **The Importance of Exercise - Moving**

Exercise is so much more than just burning calories to fit into your skinny jeans. The importance of exercise goes far beyond diet plans. In fact, regular physical activity helps your body function better.

- ♥ helps reduce the risk of heart disease, diabetes, and a host of other diseases
- ♥ improves your chances of living longer and living healthier
- ♥ helps protect you from developing heart disease and stroke or its precursors, high blood pressure and undesirable blood lipid patterns
- ♥ helps protect you from developing certain cancers, including colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer
- ♥ helps prevent type 2 diabetes (what was once called adult-onset diabetes) and metabolic syndrome (a constellation of risk factors that increases the chances of developing heart disease and diabetes; read more about simple steps to prevent diabetes)
- ♥ helps prevent the insidious loss of bone known as osteoporosis
- ♥ reduces the risk of falling and improves cognitive function among older adults
- ♥ relieves symptoms of depression and anxiety and improves mood
- ♥ prevents weight gain, promotes weight loss (when combined with a lower-calorie diet), and helps keep weight off after weight loss
- ♥ improves heart-lung and muscle fitness
- ♥ improves sleep

Blessings & Abundance

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