

REAL FOOD - EXERCISE FOR LIFE...

Exercise can be so taboo. We all know we need it. We all feel better when we do it. Why is it so hard to integrate into our daily lives? I think our modern concept of what exercise needs to be is distorted. And certainly our ancestors would laugh at the notion of going to a gym and expending energy for no "purpose". If going to a gym works well for you, you have my full blessing. The problem is that going to a gym does not work well for many people. Just ask all the people who start a gym membership in January only to cease going by February. Exercise should be sustainable, purposeful, and above all FUN.

Benefits of exercise

- Increase metabolism during and after
- Detoxification, lymphatic movement: Our lymphatic system doesn't have pump like the heart does, it relies on the contraction and relaxation of the surrounding muscles.
- Detoxification, sweating: Sweating is one of the modes of transportation for toxins to get out of our bodies
- 50% decrease in the risk of alzheimer's
- Decrease depression (>1 hour a week exercise 44% more likely to become depressed)
- Stress Management (really one of the top causes of death)

Start your exercise before you get out of bed

1. Do as many push ups as your arms can handle with straight legs. Then do knee push up for any last bit of arm strength.
2. Remove pillows, do as many sit ups as you can complete. Then hold a stomach crunch until you can no longer hold it.
3. Sit up and try your splits and stretches.

DR. Mercola's 3 min. Workout

[3 min. Workout with Dr. Mercola](#) (click link to see demonstration) or [Dr. Zach Bush 4 min. workout](#)

Walking and Hiking

Along with being great exercise, walking and hiking adds nature and the ability to be social. Being in nature is like taking yourself to a free spa date. It can do so much for stress management.

Dancing around the house

Dancing is great exercise. Zumba has capitalized on this combination of fun dancing exercise. One of our favorites is ReFit Revolution. ReFit is dance exercise set Christian music. My daughters love it. They have a lot of free YouTube videos, but their [DVD](#) is totally worth the money.