

Quarter 1 - 2022

NEWSLETTER

Your Mind & Body

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The mind and the body are linked together. So, if you want to feel good mentally and physically, exercise is very beneficial and is a great place to start. You can't ignore your physical body and expect to feel good mentally in your daily life. As a mental health therapist, I meet with people every day who are struggling to improve their mental health and one of the first things we discuss is exercise, eating healthy, and getting adequate sleep. It is common for many people to want a quick fix to solve weight, physical health, and mental health issues. The truth is there are no quick fixes. It takes repeated effort and good exercising decisions with healthy eating, getting adequate sleep, and to make progress. Exercise remains an important aspect of nourishing our mental health and physical health. This article is going to discuss the importance of exercise, how to make exercise happen daily, and how to keep exercise fun and exciting.

How to Make it Happen

How do we follow this 30-minute recommendation with all the other things we need to do daily? Exercise must become a priority in our lives if we are going to consistently receive the benefits that exercise offers.

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Being consistent is key. I know that I need to do it early in the morning before I do anything else. If I wait until I get home from work I am too tired or something that seems more exciting will come up and it is easy to change my good intentions of exercising. Another tip that people find helpful is pairing exercise and something else together. For instance, right after leaving work or school, go straight to the gym. Using this technique makes it easier to avoid going home and becoming too busy to exercise. Another technique is to make exercise as important as any other appointment/meeting. You rarely miss a meeting at work or an appointment because you have made it a priority to attend. Making exercise a crucial appointment helps us to realize that exercise is significant for our self-esteem, stress reduction, sleep and happiness level. Getting into a routine makes deciding to exercise much easier. Exercise turns from something I should be doing to something that I just do without thinking about it. You no longer have to use your willpower, it turns into a routine.



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TYPES OF EXERCISE

- #1 Walking
- #2 Running
- #3 Swimming
- #4 Biking
- #5 Lifting Weights
- #6 Yoga
- #7 Stretching
- #8 Karate
- #9 Jump Rope
- #10 Dancing

HOW TO MAKE TIME

- Prioritize it, make it a can't miss appointment
- First thing in the morning
- Enjoy the exercise
- Exercise while watching television
- Pair exercise with getting home from work or school
- Walk around the park while kids play
- Have short exercise DVD's at home
- Walk during your lunch hour
- Take the stairs at work rather than the elevator
- Any exercise is better than no exercise

How To Make It Fun

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| 1. Only do exercise you enjoy | 7. Have a variety of exercises |
| 2. Exercise with friends | 8. Build some rewards |
| 3. Play a sport you enjoy | 9. Use some exercise apps |
| 4. Listen to music | 10. Listen to TED talks |
| 5. Go outside/enjoy the weather | 11. Exercise with your dog |
| 6. Run/walk for a good cause | 12. Play with kids |

Why Exercise is SO Important

We have all heard that daily exercising is important. The Department of Health and Human Services recommends that we get 150 minutes of exercise every week. If you break that up into a daily minute total then working out for 30 minutes a day, five days a week would meet that recommendation. Some of the benefits of exercise are:

- 1) Helping our bodies to reduce the amount of diseases we could develop
- 2) Improving our stamina
- 3) Strengthens and tones our bodies (controls weight)
- 4) Improves flexibility, which makes it less likely we'll get injured
- 5) Improves quality of life
- 6) Reduces stress
- 7) Helps with sleeping

With all the other treatments out there, exercise is still the treatment of choice for weight management and sleep improvement. Exercise will help our work performance by giving more energy and confidence. This is just a short list of some of the positives traits of exercising.

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