

# Everybody: Move Your Body!

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We've heard it our whole lives: exercise is highly beneficial for our bodies and minds. Consciously, most people know that they should be engaging in physical activities on a regular basis. Unfortunately, the reality is a high majority of Americans live sedentary lifestyles even though consistent exercise is one of the least expensive ways of improving one's health.

A plethora of research has shown that our brains perform better when we are getting regular exercise. In fact, recent studies involving people over the age of sixty show that a consistent regime of physical activity can help prevent the loss of brain volume associated with memory issues in later life. Children have shown higher cognitive performances and function after exercise sessions. Physical activity increases the volume of blood and oxygen flowing to our brain, and improves our ability to acquire and retain new information.

When we exercise, we generate an increase in our heart rate and oxygen output levels in order to accommodate for the energy expended. This helps our heart eventually pump out more blood per heartbeat which in turn reduces our blood pressure. Studies show that a regular regime of physical activity can reduce the risk of heart attack by around thirty percent.

The American Cancer Society and the International Agency for Research on Cancer have both acknowledged the role that exercise plays in lowering the risk for certain types of cancers (primarily colon and breast). Even when taking other lifestyle factors such as diet, smoking, and reproductive variables into consideration, the evidence supports that physical activity can reduce the incidence of certain cancers.

One of the primary reasons (excuses?) people are not getting the exercise they need is due to time restrictions. Who can work out while balancing a job, family, and something resembling a social life? While this



is a legitimate concern, it can also become a pretext to avoid physical activity altogether. We have put together a few ideas for squeezing a workout into your already taxed schedule.

High intensity exercise routines have been gaining popularity due to the short workout times; sessions usually involve about twenty minutes of activity (including rest/recovery time) to be repeated two or three times per week. Studies are showing that using slow deliberate movements, characteristic of high intensity routines, can be more effective in eliminating fat and creating muscle than aerobic exercises.

Another way to accommodate your busy schedule is by getting other people in your life involved in your new exercise routine. Start a walking club with your coworkers, or get a group of friends together for weekend hikes in fun locations. Challenge your family to a race!

Exercising with the people you care about is a great way to keep each other healthy and motivated.

Building a routine with your family to keep everyone active is an excellent way to not only keep you healthy but also reinforce emotional connection. With technology increasing the time we spend looking at screens as opposed to each other, imposing a daily group exercise is an excellent way to create lasting healthy habits. Take a walk through your neighborhood after dinner. Plan vacations around biking trails or water sports. Incorporate a weekly dance party into your evening routine, with a different family member creating a playlist each time.

The key to getting enough physical activity is to find what works for each of us; an exercise regime is not a "one size fits all" deal. If we are not enjoying it, we are highly unlikely to continue on with it for long. So get out there and find an activity that you enjoy, and your body will thank you for years to come.

For a complete list of references, please visit our website [www.treecitychiropractic.com](http://www.treecitychiropractic.com).