
Fitness Facts



Brian Power...

Exercise increases the level of a hormone called Serotonin in the brain. This hormone is responsible for clarity of mind, and an overall feeling of well being. Feeling down because of the lack of sunshine and warmth in winter months? Try naturally boosting energy and emotions with a brisk walk or another form of exercise.

Disease Prevention...

Exercise is a necessary diet enhancer. Simply cutting calories will initiate weight loss, but to accelerate weight loss and improve heart health you must include exercise into diet routines. Research has proven that people who regularly exercise are less likely to have heart disease, stroke, type 2 diabetes, osteoporosis, high blood pressure, or high cholesterol.

Exercise Protects Bones...

Exercise means stronger muscles. Stronger muscles means more support for bones. More bone support means less stress on joints (decreased joint pain for those who suffer from it) and lessening the effects of osteoporosis in older adults.

Exercise as a Stress Reducer...

Exercise gives a good outlet for nervous energy and can serve as a positive distraction to ease tension. The effect of the exercise will be a more positive self esteem, a sense of accomplishment as you reach fitness goals, and an over all elevated mood to prepare you to tackle stressors.

