



Incorporate **MOVEMENT** into your day!

Did you know?

Regular physical exercise has the same effect on our psychological well-being as the most powerful psychiatric medicine. In fact, it works in the same way – it releases serotonin and dopamine, the feel-good hormones that reduce stress levels, anxiety and depression.

As a society, we don't move enough. Our ancestors needed to move in order to survive, as they worked the land, climbed hills on a daily basis, and physical activity was not "exercise" but rather part of the daily rhythm.

We, on the other hand mostly sit and tend to separate exercise from our daily routine and think that if we practice one or two hours of intense exercise weekly, it is enough.

But

Studies show that we must incorporate movement, even in small batches, as an integral part of our daily routine. Getting up every one or two hours, stretching, taking a 5-minute walk, doing short HIIT (high intensity interval training) will balance sugar and insulin hormone levels in our body, and help keep us healthy and happy.

In order to move more during the day, try to inconvenience yourself – walk instead of taking the car, park in a far away corner of the parking lot, walk the kids to day care instead of driving – find ways to take yourself out of your comfort zone!

Most importantly when it comes to exercise – the secret is finding something that you like to do, and if you can do it together with someone, even better!

