

MedwellNews

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EVERY LITTLE STEP

It's time to let go of the all or nothing mentality especially when it comes to exercise. Researchers, at the Harvard School of Public Health, studied 7,307 males in their sixties. They tracked the amount of time the men exercised, played sports, or climbed a flight of stairs in the course of a year.

The researchers found that the risk for coronary heart disease was the same whether the men exercised in several short periods throughout the day or completed their workouts in one time period, provided the energy output was the same.

If you're short on time, another type of exercise you can try is high-intensity interval training (HIIT). This type of exercise is a combination of high intensity exercises and rest periods.

For example, you work out hard for 4 minutes, rest for 1 minute, and repeat this cycle until you reach 20 minutes. It is a way to get in shape because it produces a boost in the human growth hormone (HGH), which is known as the "fitness hormone." Search for HIIT training on YouTube to view some examples.

It is important to fit in some movement into your day whether it's a long burst or multiple short bursts! So, think about all of the different places you are able to sneak some movement in. When your days are busy, make exercise happen in short bursts. When you have extra time, clock out and do an activity that you love.

RECIPE ♀ THE MONTH



Black Bean Salsa

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions:

- Mix all of the above together and use this as your base.
- Serve on top of a salad, baked potato, in a wrap or a taco shell, or serve as a dip with some corn chips.

Play With Your Food:

- Add some chopped vegetables or fruit such as a bell pepper, carrots, onion, avocado, tomato, or mango.
- Add some cooked chicken, fish, or shrimp.

WELLNESS NEWS OF THE WEIRD



In 2011, one market analysis estimated that gyms in the United States earned \$21.4 billion for gym memberships. Despite the expense, it's thought that 80 % of those memberships do not get used!

Don't like the gym? Don't go! There are many other ways to make exercise count. However, if you enjoy the gym, it is money well spent!

FITNESS AND THE FRUITS OF YOUR LABOR

Exercise can come in many different forms. For instance, household chores provide us with way more exercise than we expect. Think about doing something this week that you've been pushing off and note the exercise that comes along.

Here are some additional suggestions:

- Clean the floors that could use a good scrubbing. Try squatting while scrubbing.
- Clean out the basement that has accumulated way more than you can handle. Up and down the steps you go!
- Sign up to be a coach for your child's sports team. Don't just watch them, run with them.
- Create walking meetings in your work environment or do calf raises when on a phone call.

COMMIT TO FUN FITNESS

Commit to be fit! In addition to that, commit to having fun! Make an appointment with yourself. That's right ... yourself!

For this appointment, take the time to do an exercise you enjoy; whether it is going for a swim, hike, bike ride, or shooting hoops. Do a physical activity you enjoy.

Research shows that when people participate in an exercise they find pleasing, it is not only good for their physical health but their mental health too!



ASK WILL

Is it okay to use those energy shots out on the market? I tend to feel lethargic in the afternoon.

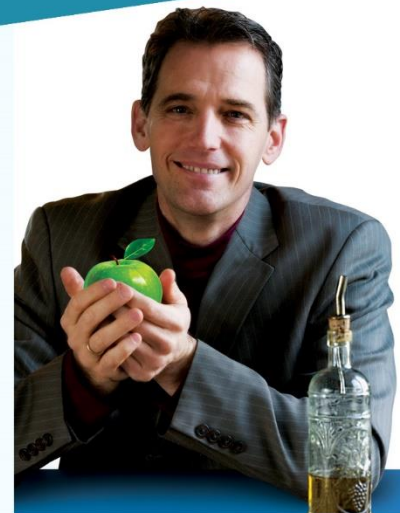
We do not recommend energy shots as the caffeine per dose in some of them can be extremely high and they may contain artificial ingredients.

Coffee and tea are caffeinated drinks that can give you a little boost. In addition to that, if you enjoy them plain, they are calorie free.

Unmanaged stress and poor sleep can also make us feel tired. Need a sleep or stress management guide? [Email us.](#)

People notice that when they rid their diet of fake ingredients and eat portions that are appropriate for them, they feel more energized.

In addition, short bursts of exercise can provide you with an energy boost.



HAVE A QUESTION?

Email him:
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