



EXERCISE BENEFITS

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WHY EXERCISE?

We have evolved to move around - not sit at desks and in front of TV's for long periods of time! Regular exercise improves circulation, keeps joints lubricated, normalises blood pressure, increases bone density, strengthens the cardiovascular system and reduces the risk of coronary disease, strengthens bones, joints and muscles to improve joint stability, improves flexibility, improves posture, reduces cholesterol, decreases the risk of type 2 diabetes, reduces the risk of development of some cancers, promotes healthy growth in children, helps to manage weight, improves confidence and well being and makes you feel good! There are so many reasons to start exercising or continue doing so - and the good news is: it is never too late!!



HOW MUCH?

Current guidelines are to exercise most days for 30 mins. Any activity that gets your heart rate above resting level is good but aim for 50-69% of your maximum heart rate. Everyday activities like brisk walking and gardening count but it's important to find something you enjoy so that you are more likely to stick to it. Great examples are group classes, dancing, gym, swimming and cycling.

FIND OUT MORE

Contact Marcie to find out more about how a full postural analysis and nutritional analysis can help you on your way to a fitter, healthier you. Personal training (individual and buddy) and small group yoga and Pilates classes (max 6) available at a beautiful light and airy private studio and gym in Cookham.

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NUTRITION TOO!

The NHS gives 8 tips for healthy eating:

- 1) Base your meals on starchy carbohydrates like rice and grains. I would add to this: ensure your carbohydrates are wholegrain and avoid white processed carbs where possible.
- 2) Eat lots of fruit and veg
- 3) Eat more fish - including a portion of oily fish
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt - no more than 6g a day for adults
- 6) Get active and be a healthy weight
- 7) Don't get thirsty - drink 6-8 cups of water a day and more on hot days and when exercising.
- 8) Don't skip breakfast

