

Conquer Your Cravings

CHALLENGE

DAY 6



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CRAVINGS CURE #6

MOTIVATIONAL MOVEMENT

“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.”

Paul Dudley White (1886 – 1973) – an American physician and cardiologist

Of course we all know that moving our bodies is good for us. Exercise helps us to build muscles, get stronger and help us to tone our body and assist with weight loss. Did you also know that it is scientifically proven that being active makes us smarter, happier and more successful as well as strengthening the immune system?

Exercise helps to relieve symptoms of both depression and anxiety if the exercise is intense and done regularly. Moving our body helps to create better sleeping habits and enhances self esteem. Can you see why getting your body moving is essential when it comes to conquering your cravings?

Most of our bodies crave movement and when we neglect this need that's where imbalances start that can lead us to overeating and making unhealthy food choices.

Keeping track of your physical activity is just as important as keeping track of feelings, thoughts and food intake.

To have an overall state of health and wellness, it's recommended that we move for a minimum of 25 minutes a day, 6 days a week.

How you choose to move is entirely up to you and what you prefer. If you hate gyms, then don't go to one. Find activities you can do outside, or join classes for a specific type of activity. The key is to do things you enjoy so long as it gets your body moving!

It might help to think about how active you are now and how active you were in the past. Think about your likes and dislikes when it comes to being active. This helps you to decide what you want to do and how much activity is right for you.

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How Active Are You?

Before you begin a new physical activity routine, it is important to know how much activity you do now. It is also important to figure out what type of activity is best for you, and how much. Answer these questions about how active you are right now.

How active are you now?

What do you do? Where you do it? Whom do you do it with? How long do you do it? How often do you do it?

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What activities have you done in the past?

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Why did you stop?

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What do you like and not like about being active or being inactive?

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It is not always easy to start being more active. If you struggle with moving your body regularly, then consider working out or walk with a friend to make it more fun and always plan activities you enjoy.

In order to compete today's challenge, you need to keep an open mind and be willing to set time aside each day to move. We never seem to have enough time for everything we want or need to do and physical activity is one of the hardest things to budget time for. If you struggle in finding the time, you may be surprised at the simple things you can do to fit exercise into your day.

Having an active lifestyle means making choices to move instead of sit. One example would be to choose to walk up the steps instead of taking the elevator. An active choice would be to walk places within walking distance, or to park away from the store and walk to the entrance. Any of these choices will add up toward your activity level. You Can Find the Time!

Here are tips on how to make time to be active.

1. Every day set aside one block of time to move your body. Decide on a good time to set aside 20 to 30 minutes to do an activity you enjoy. If one block of time will not work, think about trying smaller blocks of time:

10 minutes three times a day

15 minutes twice a day

10 minutes in the morning, 10 minutes in the afternoon, and another 10 minutes in the evening

2. Replace less active blocks of time with active ones.

Walk for half an hour instead of watching an extra half hour of TV.

Instead of reading a book seated, read while on an exercise bike

The key to conquering your cravings is people know that the benefits of exercise reach far beyond to get moving. As well as weight loss and strength, physical activity has the following positive effects:

- Happiness
- Intelligence
- Heart disease
- Diabetes
- Cancer
- Reduces stress
- Anti aging
- Depression
- Improves learning
- Increases self esteem and body image
- Creates euphoria (endorphins)
- Reduces Risk of Alzheimer's

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Another positive side-effect of regular exercise is the release of endorphins that control pain, stress, cravings for chocolate or alcohol and make you feel good. There is a term, “a runner’s high” because a runner releases endorphins which cause euphoria and the feeling of being high. Your body feels lighter and you get a rush. Just like people turn to caffeine to wake up without necessarily loving the taste of black coffee, people can turn to exercise anticipating the endorphins and knowing in just 20 minutes they are going to be feeling really good.

The bottom line from the above is that you can change your mindset from dreading exercise. If you wear the proper clothing, change your definition of pleasure and anticipate the endorphins, you can learn to see the fun in exercise.

And that brings us to today's challenge.

On the next page are lots of different ways you can move your body that are fun and enjoyable. Choose 1-3 and then add these to your Zen Ten schedule from Day 4, with the promise to do your chosen activity/ies at least 3 times a week at a minimum for 20 minutes per day. That's all you need to commit to for now- although you will end up wanting to move more once you're in the groove.



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Make a note next to the activities you are interested in exploring and finding out more about getting started doing.

Running

Spinning

Kickboxing

Pilates

Skiing

Dancing

Barre

Fitball

HIIT

Aerobics

Hockey

Weights

Netball

Yoga

Body Pump

Rowing

Walking

Zumba

Hula Hoop

Skip Rope

Hiking

Surfing

Eliptical

Skateboarding

Step Ups

Body Pump

Cycling

“You’re only one workout away from a good mood.”

