

Should you exercise more?

Every time you wake up and ask yourself “what to do with today” remember that when the sun sets it will take part of your life with it!
“Indian proverb”

So we had better make the most of our days!

Is exercise helpful with that? I strongly argue YES! You will get much more out of each day if you do regular exercise. This is why:

- You will feel happier. It is a well accepted fact that the naturally created endorphins, which you produce during exercise are a very strong anti-depressant and healthier than any anti-depressant you can receive in pill form.
- You will feel more productive. Exercise clears your mind and makes you more active. You will be amazed how much more you will be able to do each day.
- It helps regulate blood-pressure. It keeps your joints healthy, increases your lung capacity and improves your posture.
- It is a well researched fact that regular exercise decreases PMT and meno-pausal symptoms for women.

What are you waiting for? Make the most out of your life!

The most common reasons why you are not are:

- I do not have the time
- Every time I try to exercise I injure myself
- I have too much back pain, neck pain, shoulder pain, etc.
- An exercise programme needs to take your time restraints , discomfort levels and especially, current levels of fitness into account. Physical Sense’s exercise programmes do just that.

Fitness is more than just aerobic fitness (ability to run, walk, swim, cycle, etc.). Being fit means:

- Being aerobically fit
- Being strong (especially around your spine which is the core of your body)
- Being flexible (flexibility has a very strong correlation to injury frequency)

Programs that allow for all of the above can easily be done at home (without expensive equipment) or at a gym. If you choose to exercise at a gym we advise the following:

Try to get advice about your programme from us first

Choose a gym that is handy to your home or work in the sense of location and parking.

Be realistic about your need for assistance and motivation. It is easy to lose interest if you do not get the help you need.

Before joining a gym, have a look or a casual session to make sure that you like the place.

We are able and willing to liaise with your gym instructor about your exercise programme. We also work together with The Gym (300 Colombo Street cnr Brougham and Colombo streets). The Gym is a friendly gym attended by people of all ages and sizes. It is roomy, light and has good parking. Because of our association with the Gym staff, we work with them in many ways and liaison is even easier.

If you feel (when taking the above into account) that The Gym could be the right place for you, the enclosed offer may be beneficial.

Whatever you decide....home.....gym.....The Gym....., start making the most of your life! By sunset the day is over and you must feel it was worth it!