



DAVID FAIRLAMB THE FIT FACTOR

IT is a fact of life that exercising on a regular basis is a vital part of a healthy lifestyle and actually makes you happier.

Scientists have proved time and time again the importance of exercise in helping prevent serious illnesses such as heart disease, diabetes and numerous cancers.

Of course the exercise does not have to be vigorous to have an impact; a regular walk, swim, cycle or workout DVD can help improve your physical and mental health.

Here are a few reasons why you should exercise to help your mental health and improve your mood

De-stress - Exercise will help you de-stress and give you that euphoric feeling that makes you feel happy and re-energised. This makes stress easier to manage and leads to a deeper sense of relaxation.

Lowers anxiety - Exercise decreases tension and worry by reducing muscle tension, lowering blood pressure and putting you in

a more relaxed state of mind.

Lifts your mood - Exercise is a very powerful and effective treatment for improving your mood. It also helps you think more clearly and be more energised throughout the rest of the day.

Huge benefits for depression - Exercise is one of the most successful treatments for depression. Research shows regular exercise is equivalent to, or better than, certain antidepressant drugs and has been shown to cut depression rates almost in half.

Helps the brain - Exercise increases oxygen flow to the brain, decreasing brain cell loss. The Alzheimer's Association says exercise improves focus, planning and thinking skills. Exercise is also associated with higher IQ scores and the staving off of cognitive decline through middle age and beyond.

Helps with difficult emotions - As endorphin levels are increased, you start to feel more positive within yourself and your thought processes. This will help you deal much better with things like grief and fear; exercise helps channel these emotions elsewhere.

The benefits of exercising go way beyond simply losing some weight and looking better. The

Motivational quote of the day

Exercise will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world

NUTRITION CORNER

One of the little-known health benefits of the jalapeno is its weight loss qualities, as they help to jump-start your metabolism therefore increasing calorie burn. Also its anti-bacterial properties fight sinus infections and naturally clear aching congestion.



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physical aspects we all know about, but exercise can have a hugely positive effect mentally and should not be underestimated.

Next time you feel low, need a boost and want to reignite your self-confidence, rather than reaching for tablets, start some regular exercise... the positive effects are often instant.



FITNESS TIP

Where possible try changing the days and times you train. This can give you a different outlook and thought process going into a workout. It also changes your body's routine, which isn't a bad idea every so often.

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