

HOLIDAY EXCUSES

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EXCUSE? or ABUSE? The question is...which is it? Before you ladies answer that question, allow me to inform you that those two words go hand in hand when it comes to neglecting having a consistent fitness regimen because of our busy lives. When we as women make excuses for not incorporating proper daily exercise into our busy schedules, we are not only abusing our bodies physically but mentally also.

Now, don't get me wrong, most of our excuses are very legitimate "reasons" in our book; but unless you've given childbirth or had surgery, they are usually excuses; and those excuses for abusing our bodies still does not conquer the fact that the leading cause of death in women is heart disease followed by diabetes and high blood pressure... all of which exercise, along with doctors orders, can help to control.

With the holidays fast approaching, it is very easy to fall into a slump and start making excusing for not continuing to workout. One thing we need to consider is that during the holiday, we are traditionally taking in many many more calories than we normally take in within a month's time. Remember "calories in vs. calories out" It takes burning 3,500 calories to burn just one calorie; so, think twice before using the following excuses.

Exercise Excuse #1: I'm much too tired

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It takes energy to get energy. Start off with a short 10 minute daily walk. That will work even better than that cup of coffee to get you going throughout the day. Daily exercise also helps regulate your sleep pattern so that you feel rested in the morning, which gives you the drive and energy to exercise again the following day.

Exercise Excuse #2: I don't have time

Set aside just 30 minutes while watching shows where the housewives are desperate or where the world turns round and round or where the wives are leaving the comforts of their own homes to swap with another wife. Use this time to do sit-ups, jog in place, jumping jacks, etc.

Exercise Excuse #3: I'm just too depressed

Exercise produces a "feel-good" brain chemical which is called endorphins. When this chemical is in balance, we tend to have a sense of well-being and satisfaction. Regular exercise also reduces levels of the stress hormone, cortisol, which relieves feelings of anxiety and agitation.

So, ladies, once again ask yourself, "Will I abuse my body by using excuses for not exercising?" Your answer should be "NO MORE EXCUSES!"

Remember to always treat yourself with a relaxing activity once you've worked out. Massage Therapy is the perfect way to wind down and get the toxins out. Every Body deserves a massage a week.

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