

Exercise benefits you can enjoy right now!

You may have heard exercise referred to as a “miracle drug.” Indeed, the physical and mental health benefits of physical activity, which range from improved heart health to enhanced cognitive functioning, are astounding. If you’re like most adults, you are very aware of all of these benefits, but that knowledge may not be enough to get you moving today. Why?

When you approach exercise as a tool for improving health and losing weight (as we’ve all been socialized to do), it makes it seem like another chore to add to your overloaded to-do list. Having a full time job means you may have a limited amount of time, so you’re likely to stick with activities that **benefit you in immediate and noticeable ways**. The health benefits of exercise are wonderful, but if you are relatively young and healthy, the threat of developing heart disease might be too far off to be relevant in the present. So, what kinds of benefits can you enjoy immediately?

- Stress relief
- Increased energy
- Time to think and clear your head
- Modeling a healthy, active lifestyle for your friends and family



If you view exercise as a means of enhancing your daily well-being, it becomes a part of your life that has purpose and meaning. In other words, it becomes something you **want to do** instead of something you feel like you have to do.

And remember: **Self-care is NOT selfish**. The idea that you should take care of everyone else’s needs before your own is so engrained in our society that you’ve been made to feel guilty for doing anything for yourself. It’s time to erase that idea from your mind and reverse your thinking! Yes, exercise is good for you and will make you feel better, but it will also make you more productive at work by allowing you to relieve some stress and regain some sanity! **You’ll be able to give more to others after you’ve taken some time for yourself**. Now THAT’S a benefit you can start embracing today.

