

WHAT GOOD IS ORGANIC LIVING WITHOUT EXERCISE?

It's that time of the year again when exercise is high on everyone's agendas and all of the best of intentions abound. New members sign up to the gym, bright-eyed, bushy-tailed enthusiasts of the outdoors can be seen hitting the roads/surf at the crack of dawn etc.

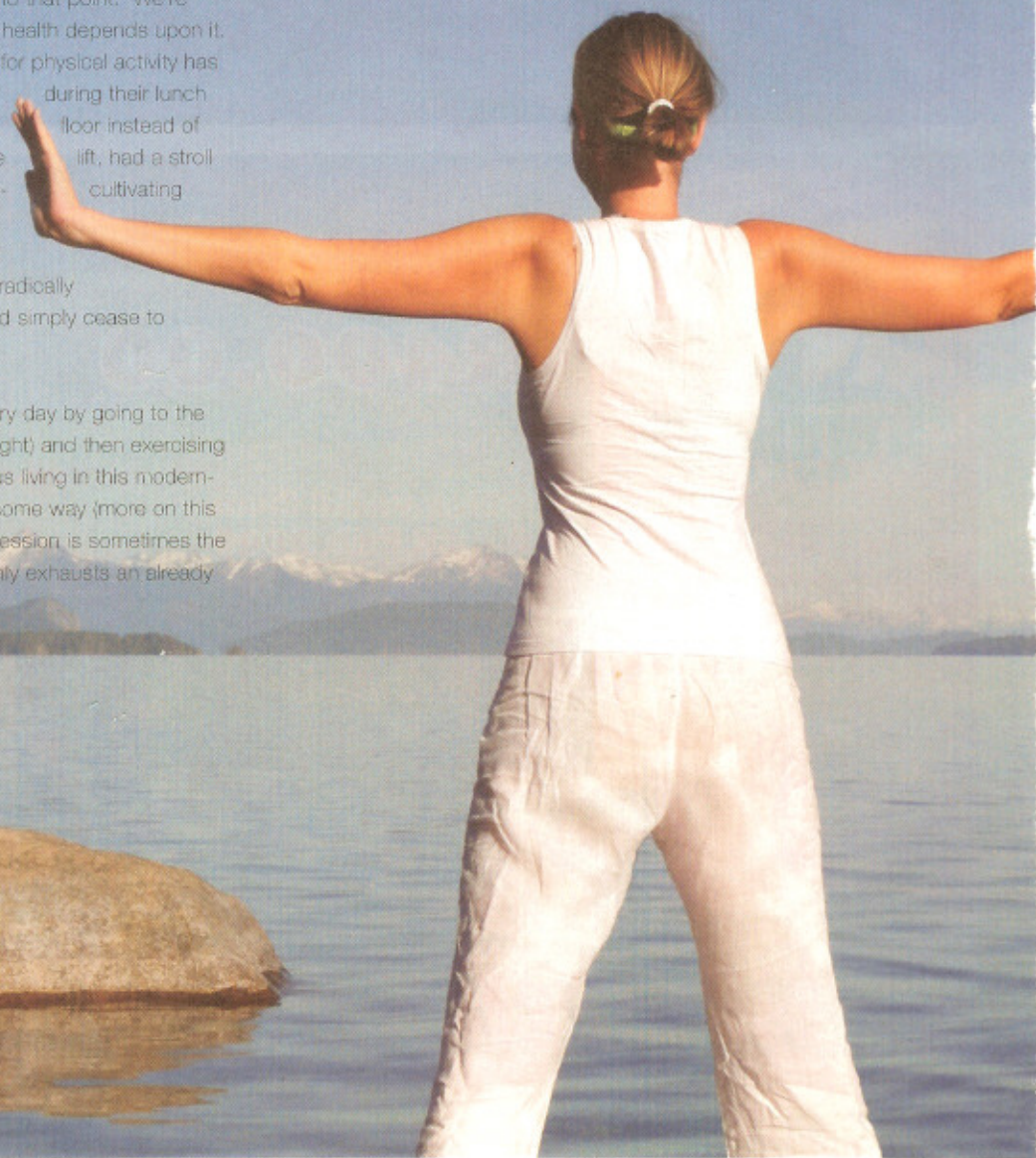
Everyone knows it's got to be done, but what's the best way to make it part of your life, rather than simply another resolution that may end up on the rocks a few months down the line?

Exercise, as a topic, is vast, and though most people understand its importance, there's a lot of misunderstanding beyond that point. We're designed to move our bodies – in fact, our state of health depends upon it. Unfortunately, due to sedentary living, the potential for physical activity has diminished quite drastically. If everyone walked during their lunch break, got up to talk to a colleague on another floor instead of using email/phone, took the stairs instead of the lift, had a stroll after dinner and practised some type of energy-cultivating activity regularly (such as Tai Chi, meditation or yoga) AND followed a truly healthy diet, the state of health of the nation – indeed the world – would be radically improved and many modern lifestyle diseases would simply cease to exist.

Some people argue that they counter their sedentary day by going to the gym, but being inactive 23 hours of the day (and night) and then exercising madly for one, doesn't really cut it. Since many of us living in this modern-day world are also experiencing adrenal fatigue in some way (more on this in a future article), this end-of-day hard-core gym session is sometimes the very worst thing we can do to ourselves, since it only exhausts an already stressed system.

Try and think about building physical activity into your day every few hours and get into the habit of walking places instead of driving. Also, avoid using the TV for entertainment every night as this can drag you into an inactive state for hours on end and does absolutely nothing for your emotional, physical or spiritual development. I'd even suggest that you throw it out if I thought you might actually consider it! You'd be absolutely amazed at the extra time it would free up and it would allow you to create a completely different and very positive living environment.

All in all, your goal should be to reach some type of balance between rest and activity, coupled with the pursuit of spiritual, emotional and intellectual fulfilment. The person who achieves this is the truly healthy person.



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