

New Year, New You !



As we embark on another New Year, let us focus on practicing things that would continue to keep us healthy. Many of us made New Year resolutions and would probably not keep them. However, our best resolution should be to exercise more and loose weight. Exercise can be very rewarding because it benefits every part of the body. Exercise causes the body to produce endorphins, chemicals that lead a person to feel peaceful and happy. (Some individuals are naturally grumpy). It helps individuals to sleep better, it helps with mental health issues such as mild depression and self esteem and can give you a feel of accomplishment e.g. running two miles instead of one. Exercise can also help you to look better. When people exercise, they burn calories, loose weight and look more toned than people who do not exercise. Exercising also helps reduces your chances of developing heart disease. Your heart muscle gets a good work out just like the other muscles of your body when you exercise. When you give your heart this kind of workout on a regular basis it gets more efficient in delivering oxygen to all parts of the body.

Considering all these points, it is easy to note why exercise is beneficial to the body. As the New Year continues let us continue to make an effort to exercise if you have not done so.

Health Services Supervisor

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