

— Exercise Your Body and Mind —

Take time to be Health Conscious



by B J Armstrong

A F S F G K L Z X C S U C C E S C H N J M K
F H R D H J A D A P T O G E N R T V B X Z L
T A E I V B J K M N G S Q T R E M H N M I O
Q Q W A E R T Y U O P U O A E T I D O I G J
C U E A L N V F I K L B P Z C G N A S K N F
Y A R S R T D S D V G L T S A Z D B O D Y V
P Y K L B G H S Z X C I I T G Q X D U H H P
R N T I N R T Y H B V N M K R W C S L I J L
P O Y D M H V C K I Y G A O E Y V F D G K M
V I O T L E A N E D P U F P E T B G O D Y A
E U M B V P O U I A O A L A N R N H V B V F
G E N E R G Y N O W R L E N F E M J I R N F
E Y T Q E T A C Y A B V X T O P L K T U M I
B D N W R Y R S C R V I S I O N G U A R D L
U T G G T D S N V E B T A O D O A A D B Q I
D B Y O B I U C X N N A S X C I I Z A E W A
D N I G A O Y T Z E M M D I O U N X I R T T
I M P C P L J R Q S L I C D M Y R C L Y A E
E I U C L K S E W S K N F A P T E V Y D S M
S E N I L K J H L M B B V N L M W B F F G E
Q A M N E W Y E A R J H G T E B A N E O H M
M S G H G A F S D Z B C V S X N R M L K J B
C D R R E S O L U T I O N S Q C D Y Y P M E
U F D H D R A U G Y C H X C A X S I D X I R

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| Adaptogen | Friendship | Healthy | Soul |
| Affiliate Member | Gain Rewards | Lean | Sublingual |
| Antioxidants | Goals | Mind | VegeBuddies |
| Awareness | God | New Year | VisionGuard |
| Body | Green Food Complex | OptimaFlex | VitaDaily |
| Energy Now | HCY Guard | Resolutions | Vitamin B |

Did you know that the loss of energy and strength that is often blamed on aging is partly caused by loss of exercise? Would you like to feel more energized, vibrant and alive? Exercise, no matter what your age, can do all this for you. Like anything else, exercise needs to become a habit. Let us take a look at what getting in the habit of exercise can do for you:

- Gives you more energy to do the things that you want to do
- Keep and build strength
- Improve balance
- Boost your mood
- Delay or even protect against heart disease, diabetes and cancer
- Makes you look and feel good about yourself

The idea is to make exercise a habit. There's no need to join a gym (although, that's good if it

keeps you on target). The main idea of an exercise habit is to let it fit into your daily schedule. Here are a few energy-building activities that could become part of your everyday life:

- Ride a bicycle
- Dance
- Garden
- Swim
- Go hiking
- Climb stairs
- Go for a brisk walk
- Jump rope
- Walk whenever possible, instead of driving
- Jog in place

Activities like these are called 'aerobic', or cardio-respiratory. The goal is start slowly with one or more a week. Eventually, you should do one or a combination for thirty minutes most days of the week. For overall health, experts recommend stretching to in-

crease flexibility. Shadow boxing is wonderful for this and considered one of the best all over exercises for building muscle strength. Do you get enough brain exercise during the week? Don't forget your mind needs exercise too. Try the word jumble on this page to exercise your brain. *You may be disappointed if you fail; but you are doomed if you don't try.* - Beverly Sills

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