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Healthy Habituator

All the Fit News to Email

Dear Mike,

At Healthy Habits, we help people who are frustrated, unsure, bored, or otherwise unsuccessful achieving their exercise and/or weight management goals. We only work by appointment and feature private exercise rooms, so the focus is on you. We listen to you, we help you where you need help, and we hold you accountable for your "homework."



Call us for a free consultation or trial workout.

In This Issue

Huh? The Busier You Get, the More You Should Workout

News of the Month

2 Specials and Fit4Par Seminar

Quick Links

[Services](#)

[Locations](#)

[Trainers](#)

[Clients](#)

[Company](#)

Huh? The Busier You Get, the More You Should Workout

It sounds crazy, but look at it from another angle.

When our lives really heat up and our schedules get crammed, most of us naturally start looking for things we can drop. Often, it's exercise, because it doesn't seem to be of immediate help with our list of tasks to accomplish. We are stressed out, cranky, anxious, nervous, tired. Not at our best. What is the antidote for feeling this way?

Exercise! Research shows that exercise reduces stress, elevates mood, increases energy, enhances self-esteem, ameliorates anxiety, and improves mental, physical, and emotional health.

So, taking time to exercise when we're really busy will actually put us at our best just when we most need to be. And after all, isn't that a major reason for hiring a personal trainer - to keep you exercising even when you don't want to?

OK, I'll concede it seems difficult, but be creative. Switch to 30 minute appointments. Get up a little earlier. Take some meetings while walking. You can make it happen and you'll be better off for it.

Next time you are feeling slammed and are tempted to cancel your exercise, say Huh? No way! Now is when I need it the most!