

THE BEST REASONS TO GET MOVING



Life is a marathon and not a sprint. For this reason, overcoming pain and challenges, lead to increased resilience and greater joy
by Mandi Hart

1 THE REALITY CHECK

Self-awareness is the starting point for healing and growth. Where are you right now? Are you battling with fears or in pain? Has your heart been broken? Are you struggling to be an example to your children? Less than 5% of adults participate in 30 minutes activity each day. Are you moving?



2 GROW HEALTHY, STRONG BONES, MUSCLES, & JOINTS.

Exercise strengthens both children and adults bodies. It's so important as adults age. Set these healthy foundations in your children's lives.



3 INCREASE FLEXIBILITY & BALANCE.

Flexibility and balance help prevent a myriad of injuries. Take time to learn to breathe properly and stretch well. Your body will thank you for it later on.



4 KEEP A HEALTHY WEIGHT.

A healthy weight leads to positive emotional outcomes. Not only will your self-esteem increase, but so too will your energy levels and capacity for life.

5 MORE JOY AND FRIENDSHIPS

Increased joy and new friendships come with exercising regularly. We were created to live in community and in deep relationships. Healthy exercise promotes healthy relationships too.



6 HELPS YOU FACE YOUR FEARS

Fear paralyzes you to enjoy life and take risks. Fear holds you back from truly living. When you exercise regularly, your mind is clearer, and you are able to deal with your fears.



7 BOOSTS YOUR LIBIDO

Because exercise is known to produce feel-good endorphins and lower cortisol levels, working out reduces stress and, therefore, helps maintain a healthy sex drive.

8 SLASHES STRESS

Exercise slashes stress levels. It can reduce depression too. You are worth so much. Don't give into a life of stress, anxiety, and fear. Get moving to increase your fearlessness!

