

Boosting Your Day, and Your Life

Getting yourself out of bed in the morning is one thing. Feeling prepared to face whatever comes your way that day is another.

Where do you turn for a confidence booster? Believe it or not, one of the best confidence builders you can find may be inside those fuzzy slippers you like to wear on your two feet.

Researchers have discovered that regular exercise – 30 minutes, three or four times a week – boosts the confidence level of both men and women. This is due in part to the way exercise strengthens, tones and improves the body's appearance. It also has to do with brain chemistry.

When a person exercises, changes take place inside the brain. Endorphins, released as a person exercises, are proteins that work in the pleasure centers of the brain and make a person feel more exhilarated. When the heart rate increases during exercise, neurotrophins are also released, which can cause a person to feel more alert and focused.



Are you feeling anxious about your day? Take a walk, jog, cycle or do some calisthenics first thing in the morning. See if you don't feel a little more on top of the world.

Those who exercise regularly also feel that if they can discipline themselves to exercise, they can discipline themselves to do just about anything!

The human body is one of the most awesome examples of God's creative power – an example we live with daily. He has created us not only to draw confidence from reading His Word and experiencing His presence through prayer, but also from the use of our body.

Put on those walking shoes and talk with God as you go! Not only will your body become more fit and your mind more alert, but the Holy Spirit will give you direction and peace about your day.

If you are not a regular visitor to Life Care's wellness site (on Village Square, under the Human Resources department), I am encouraging you to do so. You will find a lot of information and motivation to adapt to a healthier lifestyle, including the *Spotlight on Health* and *Fit for Life* material.

(more)

The Corporate Wellness Committee, which oversees the site, was formed to design and implement wellness initiatives as well as support facilities as they begin their own wellness committees. If your facility does not have an active program, now would be a good time to start.

Our associates are great about taking care of others; we need to pay attention to our own physical well-being as well.

God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline
(2 Timothy 1:7 NIV).

– Beecher Hunter