



Enhancing lives with healing hands.

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Exercise can be — gasp — fun!



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Tranquility

A publication of A.M. Massage

Exercise... what are you missing?

7 benefits of regular physical activity

By Mayo Clinic staff

Want to feel better, have more energy and perhaps even live longer? Look no further than old-fashioned exercise.

The merits of regular physical activity — from preventing chronic health conditions to promoting weight loss and better sleep — are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or physical ability. Need more convincing? Check out seven specific ways exercise can improve your life.

1. Exercise improves your mood. Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

2. Exercise combats chronic diseases. Worried about heart disease? Hoping to prevent osteoporosis? Physical activity might be the ticket.

Regular physical activity can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular physical activity boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing triglycerides. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular physical activity can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

3. Exercise helps you manage

your weight. Want to drop those excess pounds? Trade some couch time for walking or other physical activities.

This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

4. Exercise boosts your energy level. Winded by grocery shopping or household chores? Don't throw in the towel. Regular physical activity can leave you breathing easier.

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

5. Exercise promotes better sleep. Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too

energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

6. Exercise can put the spark back into your sex life. Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Physical activity to the rescue.

Regular physical activity can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Regular physical activity can lead to enhanced arousal for women, and men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise — especially as they get older.

7. Exercise can be — gasp — fun! Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of regular physical activity today!





Recipe of the Month

Spinach and Rice Alfredo

Ingredients

- 1 garlic clove, minced
- 2 tablespoons butter or margarine
- 1/2 cup whipping cream
- 1/4 cup grated Parmesan cheese
- 2 cups packed torn fresh spinach leaves
- 1/8 teaspoon salt
- 1/8 teaspoon white pepper
- 1 1/2 cups hot cooked rice

Directions

In a small saucepan, sauté garlic in butter. Stir in cream and Parmesan cheese; cook for 1 minute or until the cheese is melted. Add spinach, salt and white pepper. Cook for 1 minute or until spinach is wilted. Stir in rice.

This is making me hungry!

What's Goin' On

Teresa Ippoliti



list them all! She even teaches Tai Chi at PAMA. If you would like to find out what her other talents are and get to know a very interesting lady, stop by AM Massage.

Welcome aboard Teresa!!

This month we are welcoming Teresa Ippoliti into our space. Teresa is a Hypnotherapist and holistic healer. We are all very excited to welcome her to the group, and look forward to working with her.

From smoking cessation sessions, weight loss clinics, Reiki, Teresa does so many other helpful things we can't



Announcing

Group sessions
Saturday 1-2:30
Smoking Cessation
3-4:30, Weight Loss
Hypnotherapy sessions
First one will be on Oct 23, 3rd Sat after that if all goes well.



Tuesday evening at 6PM on October 19
The Law of Attraction
Draw abundance into
Relationships
Finances
Health

Call Teresa to sign up or drop into the AM Massage Suite
Session cost is \$37 each.

Holistic Health Alliance

The Green space

Specs to GO!

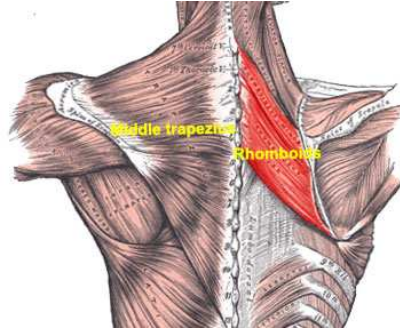
Do you have a drawer of old sunglasses or old prescription glasses? Instead of throwing them away think about recycling them. Somebody gets a pair of glasses and you don't have to

add to the garbage going in our landfills. The Lions Club is a great organization that takes unwanted glasses and puts them in the hands that need them



Stretch to Health

Rhomboids



Do you sit at a computer 4 hours or more per day? Is your commute to work an hour each way? If you answered yes to either or both of these questions, you are going to love this month's stretch. The rhomboid is below the trapezoid muscles and is stretched taught when the shoulders hunch forward as in driving or working on a computer. To relieve this tension find a doorway and put both hands on the jams with feet shoulder width apart just at the entry of the door and push your chest through. You should feel a slight pull on your chest muscles and a nice relief to the upper middle back area.

If you do this for 30 seconds every hour you are at your computer you should feel great all day!



Make sure you are pushing your chest through the doorway to get maximum relief to your rhomboids. If you do this for 30 seconds every hour you are at your computer you should feel great all day!





Enhancing lives with healing hands.

I'm ready to go now! Where'd I put that suitcase?

Even the weeds have a purpose - they help us exercise!

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Of Current Interest

Need a different vacation spot?

(CNN) -- Scattered across the topaz blue waters of the Indian Ocean, floating between the east coast of Africa and India's southern tip, are 115 immaculate islands that together encompass the Seychelles.

Once thought home to the Garden of Eden, this unspoiled archipelago is renowned for its palm-fringed, white-sand beaches bounded by granite boulders, clear seas and coral reefs.

With its carefully protected rare and exotic birds, giant tortoises and inland jungle



trails, the Seychelles has justifiably garnered a reputation as a Mecca for eco tourists. At the same

time, its remote setting and secluded anchorages make it a haven for passing sailboats.

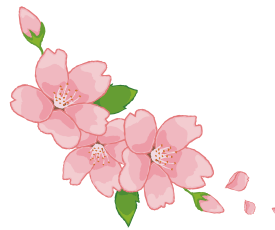
Michael's Message

Words of Wisdom by Buddhist Philosopher Daisaku Ikeda

"Everyone born in this world has a unique role that only he or she can fulfill. Were this not the case, we would not be here. The universe never acts without cause; everything invariably has a reason for being. Even the weeds people love to loathe serve a purpose. I might even say that every cherry blossom has its own personality, a purpose and meaning in life that is unique to it--as do the plum, peach and damson."

Think about this and remember everything is for something no matter how big or small the role.

Namaste, Michael



FREEBIE OF THE MONTH

What fun! Come on up to the office and visit with us this month. We have some FREE stuff just for you.

Gypsy has put together a handy little booklet on Jack o Lanterns that will help with your carving ideas.

Bring in photos of your masterpieces and we'll display them



From our neighbor PAMA

60 days for \$66

Call today to reserve your spot. 303 841 0515

Tired of your old hands?

Looking for new feet?

Come in for a 30 minute hand and foot massage with a sugar or salt scrub.

They'll feel like new and OHHHH so soft!

\$30 for 30 min.

What a great gift - for you or someone else!

