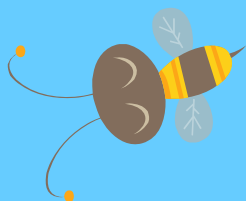


Bee Healthy Bee Well



Encouraging a *Live Life Fit* attitude !!!



"I have to exercise in the morning before my brain figures out what I'm doing."



Let's
Get
'Bee''sy



6 Ways You Can Exercise at Home Without any Equipment



- ⇒ **Jumping Jacks**-These are always fun and are also great cardio exercises.
- ⇒ **Leg Lifts**- These are great for building up strength and muscles in your legs.
- ⇒ **Crunches**- The best exercise for building up and strengthening abdominal muscles.
- ⇒ **Jogging In Place**-Jogging is a great exercise for your heart. You can jog in place at home while watching TV or listening to music. The only equipment you will require is a good pair of shoes, to eliminate any stress to your legs.
- ⇒ **Squats**- These are wonderful exercises for your legs and buttocks. You can even just try these by sitting and standing up again from a regular chair.
- ⇒ **Dancing** – Dancing is a wonderful exercise, which is great for your heart. Not only that, but it can lift your spirits as well, and give your overall feeling a boost.

www.fitwatch.com

The [American College of Sports Medicine](#) (ACSM) defines aerobic exercise as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature." It is a type of exercise that overloads the heart and lungs and causes them to work harder than at rest.



At least 30 minutes of daily aerobic activity — such as walking, bicycling or swimming — can help you live longer and healthier. See how aerobic exercise affects your heart, lungs and blood flow. Then get motivated to reap the rewards!

How your body responds to aerobic exercise.

During aerobic activity, you repeatedly move large muscles in your arms, legs and hips. You'll notice your body's responses quickly. You'll breathe faster and more deeply. This maximizes the amount of oxygen in your blood. Your heart will beat faster, which increases blood flow to your muscles and back to your lungs. Your small blood vessels (capillaries) will widen to deliver more oxygen to your muscles and carry away waste products, such as carbon dioxide and lactic acid. Your body will even release endorphins, natural painkillers that promote an increased sense of well-being.

Next month: Top 10 reasons to get physical.

<http://www.mayoclinic.com/health/aerobic-exercise/>

Getting Fit Tip:

Are you in a sedentary job?

Take your breaks outdoors and have a brisk, short walk.



Encouraging a *Live Life Fit* attitude !!!



A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of

fruits and vegetables they currently eat every day. To see how much fruit and vegetables you need a day visit:

<http://www.fruitsandveggiesmatter.gov/benefits/index.html#>

Top 10 Reasons to Eat MORE Fruits & Vegetables



Color & Texture. Fruits and veggies add color, texture ... and appeal ... to your plate.



Convenience. Nutritious in any form - fresh, frozen, canned, dried and 100% juice, so they're ready when you are!



Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.



Low in Calories. Fruits and veggies are naturally low in calories.



May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.



Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.



Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!



Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.



Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!



Taste Great!

Book It! Book It! Book It Book It!



⇒ **Eat This, Not That! Thousands of Simple Food Swaps that Can Save You 10, 20, 30 Pounds or More** by David Zinczenko and Matt Goulding

⇒ **Bod 4 God: The 4 Keys to Weight Loss** by Steve Reynolds

Faith and Fitness Magazine

Faith & Fitness Magazine is a lifestyle resource to build physical and spiritual strength. It helps readers make connections between the Christian faith and their fitness lifestyle. It is your tool for powerful, healthy, and passionate living.

Faith and Fitness Magazine is published 6 times a year and is currently only available on the Internet.

⇒ **Rewire Your Tastebuds-Can You Give God Your Appetite?**

⇒ **Don't Hit the Wall-A Workout Aid for Women**

To read these and other articles, visit <http://www.faithandfitness.net/>

"But He said to me, My grace is sufficient for you, for my power is made perfect in weakness." 2 Cor. 12:9

It's April. It's time to:

Bee Healthy! Bee Well!

*Disclaimer: As much as I enjoy looking up medical information on the Internet and sharing it with whomever will listen, I know that doesn't make me **Helena B. Rogers, MD**. The **Bee Healthy Bee Well** newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this newsletter. I come to simply share information because we all know that knowledge is power!*