



FITNESS

KEY TIP: SCHEDULE YOUR EXERCISE FOR FIRST THING IN THE MORNING

If you don't currently have an exercise routine, now is the time to start. Doing some sort of movement that elevates your heart rate, even just a bit, most days of the week, has tremendous benefits.

Sweating is our bodies greatest way to detox, increase Serotonin and Dopamine (your feel-good neurotransmitters)

Before you overindulge, think about how you want to feel the following morning/day! If you have exercise scheduled in the mornings, it may be easier to resist that extra cookie or glass of wine.

Schedule an exercise date: taking a long, brisk walk with a friend in the cool fall air is refreshing to body *and* soul. Fresh air helps to stimulate your master endocrine gland (pineal gland) to keep your hormones balanced. And time with a friend can help to reduce stress and anxiety.

Action step: get out your calendar, either figure out when you have time or *make* the time for some sort of movement every day