

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

**Hello Health, Fun and Well-Being, Partners!**

In this 46th Newsletter, I want to talk to you about [Fitness](#).

In order to put the rest of the [newsletter in context](#): This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

### PHYSICAL EXERCISE MAY TOTALLY ENHANCE EVERY AREA OF YOUR LIFE!!!

In this article, I want to talk to you about [the importance](#) of maintaining a good [fitness level](#) and the benefits of that.

It is common knowledge that regular exercise supports [physical and mental well-being](#). Despite this and recommendations from healthcare providers, the majority of patients with chronic illnesses remain inactive.

Most people, nowadays, are less active during their daily routines due to the use of technology available to make our lives easier, like cars. Because of this, energy input (food intake) may be greater than energy output (activity). That excess of energy can soon translate into weight gain and the potential to develop chronic obesity-related diseases

later in life.

Therefore, to create an energy balance and ensure we stay fit and healthy, it's important to [keep a high level of physical activity](#). This may include all kinds of activities such as washing your car, gardening, dancing, running, swimming, lifting weights and doing cardiovascular exercises at the gym. Increasing your level of physical activity can not only decrease the amount of fat your body is carrying, it can also improve your overall fitness and the function of your organs, such as your heart and lungs.

During my health journey, I have been [extremely committed to fitness](#). While dealing with my illnesses, I began [listening to my body](#) to create unique ways to attend to the specific phases of my illness. When I first began, I worked out [very intensely](#) because that is what my body required to keep my [systems functioning](#). I tried different exercises; I moved back and forth from weightlifting to doing [aerobic activity](#) each week, depending on what my body needed. Some days I needed to do hours of [aerobic activity](#) like walking, running and even going up and down [50 flights of stairs](#). These exercises originally helped my brain produce enough chemicals to gain just a few minutes of clarity every day. I now work out for about an hour a day doing a combination of [weights and stairs](#). When my body is maintained at this fitness level, it al-



CAROLINA ARAMBURO

lows me to keep my body's [chemicals more balanced](#) and it helps me [sleep better](#), remain calm and stay focused.

As you may already know, as you age, you [lose muscle mass and strength](#) and some of the simple physical tasks that you once performed can eventually become challenging. It's been scientifically proven that exercising consistently during your 20's through your 40's, and staying strong, can help you stay physically capable and agile as you approach your 80s.

Through exercise, you can preserve muscle mass and strength and avoid the decline from vitality to frailty.

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## PHYSICAL EXERCISE MAY TOTALLY ENHANCE EVERY AREA OF YOUR LIFE!!! (Cont.)

Doctors **recommend at least 30 minutes** of some form of physical activity 5 times per week. If you currently don't exercise enough, it may help if you join one of the exercise classes offered by a local gym. This may make your workout much more fun and making friends in the class may encourage you to continue going. Even walking to a single bus stop from work to your home can make a significant difference for your body.

Although doctors recommend 30 minutes of workout per day, you can work out for as long as you **feel comfortable**. In my case, I now only do an hour workout a day. By listening to my body, I learned that it only needs an hour of workout per day, right now, to maintain its balance and produce the chemicals it needs. When my body tells me to increase or decrease it, I will. We all have **different needs**. Each of us needs a **different amount of physical activity**. Therefore listening to

your body may totally help you provide it with its needs day by day.

Physical activity can be incredibly rewarding!!! Your body can be fitter, healthier, more energized, better able to deal with stress, and better able to sleep, among many other benefits. This, in turn, will likely impact every area of your life!!! If you haven't already, join me on the fitness train TO-DAY!

## KEEPING FIT CAN MASSIVELY REDUCE YOUR RISK OF SEVERAL ILLNESSES!!!

In this article, I want to talk to you about the **impact of fitness** on your physical health and well-being, and all its positive health benefits.

We all know that exercise is **very important** to our health and wellbeing but every few years, various surveys show that most people don't exercise or carry out fitness activities enough or at all. The American Heart Association attributes **about 250,000 deaths** a year and about 12 percent of total deaths in the U.S. to lack of regular physical activity.

Many of us have a job where we are required to **sit down most of the time**, so chances are limited to be physically active at work. We also rely on modern, labor-saving devices like cars, appliances, and power tools that spare us manual effort. Our bodies are not designed to be so inactive and, therefore, it is important to make up for this inactivity through exercise.

Fitness is way more important than just **weight management**. Research shows that regular physical activity can help **reduce your risk of several diseases** and health conditions and it also improves your overall **quality of life**.

Here are some of the **health benefits fitness** can bring to your life:

- **Lower Blood Pressure** - Regular physical activity can reduce blood pressure in those with high blood pressure levels.
- **Preventing or controlling Non-insulin-Dependent Diabetes** - By reducing body fat, physical activity can help to prevent and control this type of diabetes.
- **Reduce the risk of Obesity** - Physical activity helps to reduce body fat by building or preserving muscle mass and improving the body's ability to use calories.
- **Preventing Back Pain** - By increasing muscle strength and endurance and improving flexibility and posture, regular exercise can help to prevent back pain.
- **Lower risk of Osteoporosis** - Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.
- **Lower risk of Disability** - Running and aerobic exercise have been shown to postpone the development of disability in older adults.

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In my second health proposal, I propose that you can improve your health by listening to your body - becoming aware of what it wants and needs. By listening to my body, I was able to make a huge difference in **healing myself**. I listened to my body to tell me how much exercise it could handle and what type of exercise it needed. I was able to exercise as much as I could to reinvigorate some of the chemicals I had lacking in my body due to my illness.

**I challenge you to listen to your body and to join me on this health journey!!!!**

**KEEPING FIT CAN MASSIVELY REDUCE YOUR RISK OF SEVERAL ILLNESSES!!! (Cont.)**

The health benefits associated with fitness are several. Fitness can reduce the risks of heart diseases including **heart attack**. It can prevent **high cholesterol**, **asthma**, **stomach cancer**, **gallstones**, **esophageal cancer**, **osteoarthritis** and **high blood pressure**.

We all have difficulty trying to maintain an exercise routine, The primary item to remember is that for most

individuals to obtain **good health and fitness**, they must incorporate a fitness routine that facilitates a healthier lifestyle, including eating healthier, exercising more, and taking the time to calm and relax the mind. By doing so, the benefits associated with good health will most likely far outweigh the effort associated with adjusting to a new lifestyle approach.

The benefits of exercising are totally awesome!!! Please keep them in mind and set up an exercise routine if you don't already have one!!! **Once you start, it will likely just takes 3 weeks to make it a GOOD habit** in your life, that can carry on for a lifetime!

**SIMPLE SPIRITUALITY & SUSTAINABILITY**

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
  - my passion for **spirituality**.
  - my passion for our **earth/environment/plants/animals** and the future of them/us all.
  - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
5. To make it all **simple and synergistic**.

**BOOSTING YOUR FITNESS MAY RADICALLY ENHANCE YOUR MENTAL AND EMOTIONAL WELL-BEING!!!!**

Fitness and exercise can have a great **impact on our emotional** and mental well-being.

- **Mood boosting** - When we exercise our organism produces endorphins. Endorphins are polypeptides, which bind to the neuron-receptors in the brain to give pain relief. **Endorphins are also triggered by deep-breathing**, meditation, eating spicy food and deep laughter. When endorphins are released it can enhance a person's mood and well-being.
- **Self Esteem and Stress Management** - Studies on the psychological effects of exercise have found that regular physical activity can improve your mood and the way you feel about yourself. Researchers have found that exercise is likely to **reduce depression and anxiety** and help you to better manage stress.

- **Depression Relief** – Exercise has been proposed by medical experts as an alternative treatment for depression. The effects of a **regular, vigorous exercise program** can mimic those of psychotherapy for those who are clinically or mentally ill, the President's Council on Fitness, Sports and Nutrition reports on its website. This is due to various brain chemicals that are released with exercise.
- **Anxiety Reducer** – Regular exercise can be part of the **anxiety-relieving antidote** for the 7.3 percent of Americans struggling with a trait anxiety disorder. Most beneficial to relieving trait and state anxiety are long-term aerobic exercise programs such as swimming, cycling and running.

Overall, exercise can give you more energy, **emotional balance, peacefulness and motivation** with which to

live your life and do your everyday tasks. If you currently don't exercise enough or at all, a new or more rigorous exercise plan may be exactly what would take your mental and emotional well-being to the next level! Consult with your doctor and join me on this fitness journey!!

**[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)**



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 That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.