

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

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

In this 193rd 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, emotional, mental and spiritual 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 lifelong health journey, I have been extremely committed to fitness. While dealing with several illnesses a few years ago, 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. Now, several years later, I am 100% healthy so I no longer work out with such intensity just to keep my systems functioning. Now my body requests that I do 25 minute intense aerobics combined with straight training. I add to that, every morning when I wake up, a very mindful session of yoga, for at least 20 minutes, and barefoot walks, for over 20 minutes at least 3 times a week, moderate short workouts with weights at least 3x a week and also sessions of gyrokinesis, for an average of 20 minutes almost every day. At this point in time, these physical activities contribute to



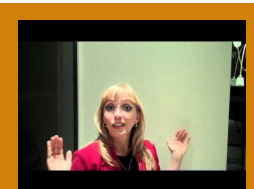
CAROLINA ARAMBURO

keeping me fit physically, mentally and spiritually.

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 (Cont. on next page) 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.

Doctors recommend (Cont. on next page) 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



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

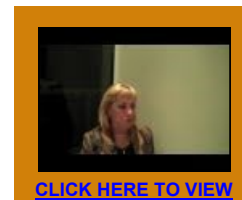
local gym. This may make your workout much more fun and **making friends** in the class may encourage you to continue going. Even walking to a single bus stop from work to your home can make a significant difference for your body.

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 workout the time that is appropriate each day. By listening to my body, I learn what I need, each day, 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 TODAY!



## 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 well-being 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.

(Cont. on next page)

The health benefits associated with fitness are several. Fitness can reduce the risks of heart diseases including **heart attack**. It can prevent

To ENHANCE, elevate and even EVOLVE your wellness I have two very important **recommendations** for you: 1) Listen to your body \*in a specific way; 2) find an extraordinary Holistic Health/Wellness Coach. In my second health proposal, I proposed that you can **improve your health** by listening to your body and becoming aware of what it wants and needs. I don't mean listening to your body's cravings. I also don't mean listening to what your body wants just out of habit. There is a specific way that this needs to be done and to learn about that please watch my video **by clicking HERE**. By listening to my body, I was able to make a huge difference in **healing myself**. I listened specifically to how much exercise my body could handle, at what times of the day and what type of exercise it needed. I continue to listen to my body, and my wellness coach, to customize my fitness plan for MY body! **I invite you to listen to your body and to join me in a lifetime health journey!!!!**

As with anything about your health, it is so much better to work with an expert. That is why my 2nd recommendation is that you find an extraordinary Holistic Health/Wellness Coach. In our WELLNESS COACHING DIVISION we are ready to create RADICAL Wellness, with and for YOU, by designing completely **customized fitness approaches** that work for your unique body! If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

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

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:

- 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.....
- To create a space where my friends and I can enrich each other's spiritual growth and we can all together em-

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

- 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".

- 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.

- To make it all simple and synergistic.

## BOOSTING YOUR FITNESS MAY RADICALLY ENHANCE YOUR MENTAL, EMOTIONAL & SPIRITUAL WELLNESS!!!!

Fitness and exercise can have a great impact on our emotional, mental and spiritual wellness. An optimal fitness plan will have the following benefits:

- 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. 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.
- Memory Sharpening, Increasing your Brain Power and Preventing Cognitive Decline** - Cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance. Exercise also boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

We have all heard various sayings about our body being a temple. Our bodies actually do house us in this life. When we are physically fit then we are in the most optimal condition to be able to fulfill on our purpose here in this life. Our spiritual development is directly impacted by our physical body's capability to be fit and clean and able to do the spiritual work there is to do. Overall, exercise can give you more energy, emotional balance, peacefulness and motivation

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with which to live your life and do your everyday tasks including your spiritual work. 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, emotional and spiritual wellness to the next level! Consult with your health care professionals or health coach and I invite you to start on this journey ASAP and if possible now!!!

If you would, please go to this link and give us/me your feedback:

[\(CLICK HERE OR SEE http://carolinaaramburo.com\)](#)

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.

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