

Merry Christmas,

Tis the season to be over busy with work, final exams, buying gifts, decorating, cooking extra food for the holidays, visiting friends, writing Christmas cards, exercising, etc., etc. Are you one of these? If you are finding it hard to make it through a day because you are exhausted by 4:00, 5:00 or 6:00 in the evening, or if you have that terrible cold that is roaming around, re-look at your days. Are you making time for yourself? This is a time of year when we give, give and give more. Please take time to give to yourself not just to others.

To help me take care of myself, I went on a weekend retreat. It was very difficult to “make the time” and go because I have “so much to do”. But you know what? It gave me time to rest, to re-gain energy so I could make it to Christmas and 2004. Wow, how I needed that. Perhaps you need something like that too. Instead of wrapping another gift or shopping for someone you love, make a quiet day happen just for you, or go to a fitness class you haven’t yet explored or go workout for an hour at the Y for you and only you. Doing something like this just for you will give you the energy needed for another day, week, month, year. Try it, see if it helps. Let me know your result.

Let me share with you my teaching schedule during the holidays and then I will share some benefits you will receive from exercising.

Mon, Dec 22	Yoga at Medford YMCA 5:30 pm
Wed, Dec 24	NO Yoga
Fri, Dec 26	NO Cycle Lightly
Mon, Dec 29	Yoga at Medford YMCA 5:30
Wed, Dec 31	NO Yoga
Fri, Jan 2	NO Cycle Lightly
Mon, Jan 5	Yoga at Ashland YMCA 5:45 – 7:00
Wed, Jan 7	Yoga at Ashland YMCA 5:45 – 7:00
Fri, Jan 9	Cycle Lightly at Ashland YMCA 9:30 – 10:30

Here come the benefits. You are probably already experiencing a lot of these benefits, but check the list out. You might find a new one you didn’t know about like the prevention of strokes. Remember going out and taking a walk or working out at the Y will also help you prepare for the holiday season by giving you more energy!!

OVERALL BENEFITS from BECOMING FIT

? Helps you relax

- ? You feel energized
- ? Helps you feel better
- ? Adds years to your life
- ? Reduces level of anxiety
- ? Helps alleviate depression
- ? Improves overall quality of life
- ? Improves strength and stamina
- ? Reduces the risk of having a stroke
- ? Can assist in efforts to stop smoking
- ? Maintains or improves joint integrity
- ? Improves self-esteem and confidence
- ? Improves your balance and coordination
- ? Helps you lose weight, especially fat weight
- ? Teaches you about goal setting and dedication
- ? Helps you to maintain an independent lifestyle
- ? Increases your stamina and ability to do continuous work
- ? Improves your bodies' ability to maximally uptake oxygen and deliver oxygen to your working muscles
- ? Lowers your resting heart rate = heart is not working as hard when you are resting
- ? Reduces circulating levels of triglycerides. This is the amount of free fatty acid found in the blood
- ? Improves the functioning of the immune system = you get sick less often
- ? Increases insulin sensitivity to prevent against type II diabetes

Disclaimer: The information provided here is intended to serve as recommendations for people who desire to learn more about health, fitness and taking care of their bodies. Before beginning any exercise program, always consult your doctor to make sure you are able to begin exercising. Certain disabilities or conditions may contraindicate some activities, so be sure to clear yourself with your doctor.

So – to help you get ready for Christmas, go out and exercise for an hour and see what happens. You test it and see if it really does help you.

Have a Merry Christmas and I will email again in 2004! Until then, remember to love and take care of yourself. You are the most important person on this earth right now.

Carol Lee