



Easy Tips To Fit Movement And Detox Into Your Life

Why you should move

Movement is an important part of a healthy lifestyle. Regular movement:

- Flushes toxins out of the brain, improving memory and staving off neurodegenerative diseases like Alzheimer's and dementia
- Trains the body to manage glucose better, preventing insulin resistance and diabetes
- Improves mood, reducing feelings of depression, anxiety and stress
- In tandem with a healthy diet promotes weight loss
- Strengthens muscles and bones
- Boosts energy levels
- Improves relaxation and sleep quality

Putting together a program

A holistic program of movement would ideally include the following:

1. Some going to the gym
2. Some sport/recreational activities
 - Incorporate some fun physical activity into your lifestyle. This might be surfing, bike-riding, brisk walking, etc. Stack the odds in your favor by choosing something that you enjoy and that you will keep on doing for the fun of it.
3. Some hourly movement
 - This needn't be anything overwhelming. If you have a desk job, it could mean just getting up hourly for five minutes to walk around, perhaps do a few inversion poses where your head is below your waistline - get the blood moving around your body. Perhaps do a few star jumps when you go to the toilet.

Planning your routine

Make a list of activities in each of the three groups mentioned above.

1. Choose a strength-based activity - it might be using bodyweight, or weight equipment, depending on what you enjoy. Then list three cardio-based or full body movement activities at a decent pace.
2. List three recreational activities you enjoy, like sports, walking the dog, etc.
3. List three physical activities you can do hourly.

Schedule your activities, because if it's not on your calendar, it likely won't happen. Make it a habit. Schedule two cardio sessions in a week, two recreational sessions, and then find a way to give yourself a reminder for the hourly



movements.

Gamify things

What if you don't have time to hit the gym? A little gamification can help you work movement into your day. Say, for example, you go to the toilet. Have a series of exercises you do when you come out. Nothing too intense, but something that gets your body moving - burpees, squats, pushups or the like. A pullup bar at the entrance of your home bathroom might let you sneak in a few chin-ups each time you visit the loo. Choose the stairs over the elevator when you can. Basically make opportunities to move.

Detoxing - no longer optional

Everybody has toxins in their body, and a scary statistic says that about 75 percent of the chemicals our bodies currently have to deal with have only been around in the past decade. Other toxins we accumulate besides chemicals are heavy metals, neurotoxins from stress and electromagnetic toxins. Where detox used to be just a fad, it may now be one of the most fundamental health measures you can take.

There are various ways you can detox:

- **Exercise** - On top of the benefits of physical activity previously discussed, exercise actually aids in excreting toxins. Muscle movement massages the lymph nodes and lymph glands, letting lymph move around the body and eventually detox. The lymphatic system is one of the main detoxing agents in the body, but it doesn't have its own pump. It relies on bodily movement to squeeze out toxins, move them around, and put them out.

- **Sweat** - Another benefit of exercise is that it makes us sweat, which is one of the main ways the body expels toxins. Sweating to detoxify can also be achieved in a sauna. Research recommends a minimum effective dose of three times a week, 20 minutes and up.

- **Eat clean foods and properly clean them** - Whether you buy organic or non organic produce, soak them for five minutes in a mixture of household vinegar and water - about five mls of vinegar to five liters of water.

- **Drink enough water** - Try to drink about an ounce of water for every pound you weight, each day.

- **Breathe correctly** - Breating is one of the best ways to expel toxic gases.



- **Meditate** - Meditation is an effective way to combat neurotoxicity caused by the stress of work, social pressure, running a business, etc.

For more actionable guidelines to healthy living, check out Anita Chaperon's training at <http://www.superfastbusiness.com/anita>

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