

TOP 10 REASONS TO JOIN “LIGHTEN UP IOWA”

We know by now that we need to work out, need to eat the right foods and do things that are “healthy for us,” but sometimes when we’re doing it alone, it’s easy to lose sight of what it is all for. So here’s the quick & dirty, the top 10 reasons, why you need and want to stay healthy by enrolling in LIGHTEN UP IOWA. Stick this list up on your fridge, tuck it in your workout bag, heck, have it tattooed on your forehead... whatever it takes to keep you motivated to lead that healthy lifestyle!

#10 Live Longer: You never questioned the fact that you would need to contribute to your retirement fund at work, so why would you question an investment in your health? There is a huge body of evidence suggesting that healthy living—in terms of exercising, eating well, and staying on top of health screenings and physicians visits—keeps you living healthier and living longer.

#9 Have More Energy: It might seem counterintuitive that when you are feeling fatigued, you should go exercise, but the reality is working out – be it a quick walk around the block, participating in a fitness class or just walking around the gym – can give you the kick that you need to keep going through the day. The reason? Exercise stimulates the release of feel-good endorphins that not only makes you feel better but also ups your energy levels.

#8 Avoid Disease/Illness: In addition to keeping you looking good, regular exercise and a healthy diet can help reduce free radicals as well as promote the release of toxins associated with disease and infections. A healthy lifestyle helps stave off high blood pressure, promote healthy cholesterol levels, reduce the risk of diabetes or cancer, and keep your ticker in shape!

#7 Keep Medical Costs Down: Chances are, the healthier you are the less likely you will have to go to the Doctor’s office, even for the minor things. This tends to be exponentially true as we get older. Our habits today truly impact how we will feel and look 20 years from now.

#6 Boost Your Brain Power: Your heart becomes more efficient at pumping blood through your body every time you exercise. This delivers more oxygen and nutrients to your brain helping you think more clearly, focus better and be more alert. Regular exercise improves creativity and memory power, and can even keep your brain sharp into old age.

#5 Improve Your Balance and Coordination. You can improve your overall health and fitness, and specifically balance, by participating in low-impact sports, such as aerobics, yoga, pilates, or water aerobics. Other more active sports such as tennis, biking, walking, weight training, or bowling can also improve balance by strengthening muscles and joints and improving posture.

#4 Be Empowered and Confident: Remember the way that you feel after completing that long walk? After lifting your personal best at the gym? There you are sweaty and worn out and

still feeling so good! And that feeling carries over and translates into the way you present yourself as well as how you are perceived by others.

#3 Look Better: There's a mountain of undergarments — for both men and women — that can help you look better in your clothes, whether it's padding out certain areas or sucking in others. However, when it's you and only you filling out those jeans it just feels so much better. In addition, leading a healthy lifestyle can also improve the appearance of your skin, teeth and nails and give you that certain glow that makes you look great!

#2 Notice Better Mental Health: In a study conducted by researchers at Duke University it was found that exercising for 30 minutes, three times a week can help an estimated 60% of patients overcome their depression without using anti-depressant medications. In addition, exercise can give you the time you need to relax, take a break, and unwind.

#1 Socialize And Have Fun!!!: Beat boredom and add some variety to your day with new activities and incentives offered through your participation in Lighten Up Iowa. Be on a team of friends and be supported in your health and wellness goals this year.

It's time to get your Team together and sign up for the Live Healthy Iowa 100 Day Challenge. Find out more by calling Anne or Julie at the Mills County Public Health Office (712)527-9699.