



Be Well Aware – Health Article



How Exercise Heals Us

The healing power of exercise

Exercise is more than something that we do. It is something that is a part of us as human beings. It can help us to overcome obstacles physically and mentally. Training our bodies can help us to run that extra mile but it can also help us recover after a broken bone and get back up again. Mentally it can push us to go further as we reach the next goal!

The Mental

If you've ever been overwhelmed or stressed, you may notice the effect it can have on your body. You tighten up, muscles may feel fatigued, or your heart and blood pressure can be constantly elevated. These things can be alleviated by a little exercise. When you do moderate to intense exercise, you get your blood pumping which helps release chemical endorphins throughout the body that help you feel good! If you're having a bad day, consider throwing in an exercise class to your routine to lighten the mood. Body text goes here. May be formatted as a single or two-column layout. This is just filler text that I am typing and pasting over and over again to show the two-column formatting

The Physical

Exercise has the power to heal us in multiple ways. Getting over a cold or flu? Once cleared by a doctor, do some simple stretching. Getting blood flow to areas may alleviate muscle aches or soreness after being sick. Have an injury? Consider a consult with a physical therapist who are experts in their field at using exercise for recovery. You can even do pre-hab before a surgery or major event to better train your body and keep it on track. Our bodies are so diverse and have much to offer us. It's important that we use them to our advantage to care for ourselves!

