

Take a LOOK

Why you Should Exercise-Lots of Good News on my Video Newsletter



Wellness- God and You

Like it or not, if you're over 50, your body isn't the same as it was when you were a 20-year-old one, so you need exercise now more than ever. I exercise daily and really feel it if I miss a day.

I exercise for 60mins each morning before I start my day. I find this sets my mind to success, health and improves my mobility. I have arthritis throughout my body now, and moving like this first thing helps me be more active during the day. Exercise in the morning removes all stiffness from lying in bed.

As you know, and I know- you can't do the same things, at the same pace as you once did. This, of course, is understandable and very natural. Grumbling and complaining is not the way to approach it. But embracing your age and is and finding new ways to improve your mobility is.

You may not want to hear this, but exercise is key to your independence and good quality of life as you age.

If you are a Christian, serving God will be important to you. So, if you are well, serving God is more doable. You will have more energy to help and love others in the name of Christ. Regular exercise will help to maintain your wellness.

If you need help with this head over to [Your Wellness Matters – The Science of Health & Wellbeing](https://www.health-well-being.uk) ([health-well-being.uk](https://www.health-well-being.uk)).

However, if they are not stretched, they can contract and shorten. Muscles that have contracted are stiff, stiff muscles are painful muscles, painful muscles that are not used become weak. Muscles are created to support your bones and keep them safe. Weak muscles cannot support bones, so the bones become vulnerable to knocks and falls. So, exercise is so essential when at any age.

The secret to fostering the habit of exercise to improve your mobility is to find an exercise you love doing because you're more likely to stick with something that you enjoy and look forward to doing.

Get started at home with a 10min workout that you can find anywhere on YouTube for free. Or exercise with friends or groups for support and encouragement.

To create the habit of exercise, plan exercise into your diary to always make time for it. If you don't plan for it, the likelihood is that it wone get done.

Particularly if you're over 50, For obvious reasons, it's wise to speak to your doctor before doing any new exercise.

I hope this Newsletter was helpful. If it was, I would love to hear from you. Feel free to contact me and share any thoughts you have.

HEAD OVER TO YOUTUBE AND CATCH UP WITH MY VIDEOS – it is Free! [YouTube](#)

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