



Phat Fit



"Apparently there is nothing that cannot happen today." Mark Twain

Schedule:

Monday- Emma's parking lot-9:30am/7pm

Wednesday- LaSalle Park-9:30am/7pm

Friday-LaSalle Park-9:30am

Saturday- 9:00am******CHANGE OF LOCATION (due to ribfest). M.M.R. Highschool track******

Phat Info...

Reading a book called 'Spark-the revolutionary new science of exercise and the brain' by John J. Ratey, MD. Interesting to learn of the tests that have been taken to discover the impact of exercise on the brain. Here are a few points of interest. Have a read...

Why do we exercise? We know what it can do for our bodies, let's have a look at the positive and valuable impact it has on our brains. Especially as a woman. A few things to "think" about (pardon the pun) if you are feeling too lazy to exercise...

- **Learning-** Aside from heightened senses, improved focus and mood, exercise influences learning directly, at the cellular level, improving the brain's potential to log in and process new information. Physical activity sparks biological changes that encourage brain cells to bind to one another. For the brain to learn, these connections must take place. Aerobic activity has a huge effect on adaptation and regulating systems. An indispensable tool for anyone who wants to reach full potential.
- **Stress-** stress can be measured in many ways; fight or flight or getting up out of a chair. Both considered stress on the mind and body. Just different degrees. When we exercise, neurons get broken down and built up, just like our muscles. Stressing them makes them more resilient. This is how exercise forces the body and mind to adapt.
- **Anxiety-**anxiety is fear. Some of you may suffer from anxiety or panic attacks. Keeping it simple; here's how exercise helps; provides distraction, reduces muscle tension, builds brain resources, reroutes your circuits, improves resilience and it sets you free.

The great thing about exercise is that it fires up the recovery process in our muscles and neurons. **It leaves our bodies and minds stronger and more resilient, better able to handle future challenges, to think on our feet and adapt more easily.**

So, when you are having feelings of stress or anxiety, don't reach for the comfort food, go out for a run. Do your own test and see if it helps!

BE PHAT - BE AMAZING!

Make the Investment in YOU! Be a Phat Chick!

Contact us @ www.phatchicks.ca

or email

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