



FRESH FINDINGS

By: **Fitness Diva** (Laura)



The Summer months seem to have arrived early this year! Please be aware of how the body needs to adapt to the Sun, Heat and Humidity. I have already heard of several incidents where a few of my members and clients have felt the effects of the heat. Fatigue, dizziness and cramping. Please be aware of your water consumption. Even if you're not on the course or courts, your body releases more water to try to cool down. In result, the muscles will start to cramp and oxygen flow slows down to the brain which causes dizziness or even heat stroke. Especially if alcohol is consumed the night before, which is a diuretic. Take home note: Drink extra water....it really does cure many problems. If you're going to be out for more than 2 hours, add a little all natural juice or sports drink to your water. HYDRATE!!!!

Fitness Forum: 4 Cards of Wellness

Exercise, Nutrition, Sleep, Stress Management, Healthcare

Exercise: If you're a person looking for the elixir of long life, Exercise is your drinking fountain! If you had to play one card, make it exercise. The more you move the healthier you will be. Aerobic, Strength Training, Flexibility, and Balance.

Nutrition: The other top card is all about what you put into your body. You should be eating fresh, whole foods; fruits, vegetables, lean protein and grains. What you eat shows up on the outside. Your skin tone and hair represent how much nutrients you are putting into your body. Also eat small meals and frequent! For a list of beauty-brain foods, **See Laura!**

Sleep: A good percentage of Americans are getting less sleep than they should. Resulting in poor work performance, low libido, low immune and not being able to lose body fat. When the body doesn't recover with rest, your metabolism will not work properly. You need 6-8 hrs to recharge your immune system and rest your brain.

Stress Management: Your body was made to respond to stressful situations. The problem comes when we experience the stress response often. It can harm any part of the body. "Stress Kills", "It's slowly boiling you from the inside out"

FIND BALANCE With ALL You Do in Your Life! ~Laura D. Fricke, cpt