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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Try a yoga or boxing
class.



**Corporate Bodies
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**Corporate
Bodies
International**

This fortnight's healthy topic...

Exercise and Stress



Many of us exercise to lose weight and improve our health but often we fail to see that exercise is also important to relieve our everyday stress.

How does exercise reduce stress?

1. **An outlet for frustration.** Decreases the stress hormone cortisol and increases endorphins which makes you feel good!
2. **A good distraction.** Exercise takes your mind off nagging issues and helps create positive thoughts, allowing you to vent your tensions.
3. **Boosts self esteem and self confidence.** By reducing stress and anxiety, exercise can help us feel better about ourselves. Losing weight and toning up can provide a boost of confidence.
4. **Social support.** Working out with a friend or group of people can be fun and motivating at the same time.
5. **Improves overall health and wellbeing.** Reduces stress and ill-health in the short term by boosting the immune system and improving heart health in the long term.

What exercises should you do?

High energy exercises such as kickboxing, karate, weight training, and martial arts can be great to alleviate frustration.

Pilates, yoga and tai chi allow you to get into a meditative state and can aid relaxation.

In a Nutshell...

Next time you're feeling a little overwhelmed, stressed or depressed, go out and get active to help you feel better!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**