



## Exercise Is The Best Medicine.

Well it looks like summer is now well and truly behind us. We're all back in the routine and thoughts are turning to Christmas already! If you're like any of our clients at the studio then you've probably been feeling a bit under the weather in the last few weeks.

Your office is probably buzzing with bugs at the moment and if you've managed to avoid that then I'm sure the kids have brought home a few classroom viruses in the past few weeks! I know it seems to be my answer to everything, but your first thing to do is take a look at your diet.

Real high quality foods - preferably organic will really support a weak immune system. Add in plenty of water to keep your body hydrated and better equipped to fight infection and you'll start to feel better.

But did you know you can actually boost your immune system by exercising? When I talk about exercise I am referring to my definition of exercise! Immediately after exercise your immune system is actually weakened and you become more susceptible to infection.

But, two to three hours post exercise, however, your white blood cell count is actually increased.

Over time your immune system will be boosted by exercise meaning that your cold and flu episodes per year will be reduced. But when should you exercise?

Try this.... If you are not feeling 100% then you should use the neck test. If all of your symptoms are above the neck, for example head colds, then you are OK to exercise.

If your symptoms are below the neck, for example a chesty cough or infection then you should rest. Listen to your body!

If there is no daily improvement in your health then do not exercise. And remember if you have a week off exercise then go easy on your return to the gym. Unfortunately although it takes weeks to increase your fitness it takes less than a week off for your fitness level to drop!

So expect to start at a lighter level and work back up. Look after your body and it will look after you!

If you would like any training advice then feel free to contact us at the studio:  
<http://aayou.co.uk/contactus.aspx>