


HEALTH ADVICE # 2:  **Exercise**

If you made any exercise resolutions for this year stay with your commitment and **reach your goal by taking "BABY STEPS!"** If you didn't exercise for a while, you had excuses, no time, not feeling so well, "better" things to do.....Go and start with a **daily walk or a bike ride of 5 minutes!** Yes, 5 minutes and be PROUD you did it! Enjoy the beauty of our nature, rain or shine. The **next day you walk or bike for 10 minutes and be PROUD you did so!** You'll not be sore and you'll like it so you add every day 5 more minutes. After one week you should **enjoy 35 minutes of exercise and you'll get used to it.** That's the first easy but really great improvement for your general health. If you are exercising already, keep on doing it and bring in some variation.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
Ruth Badraun, BRF Wellness, 727-687-2737 www.brflowellness.com**