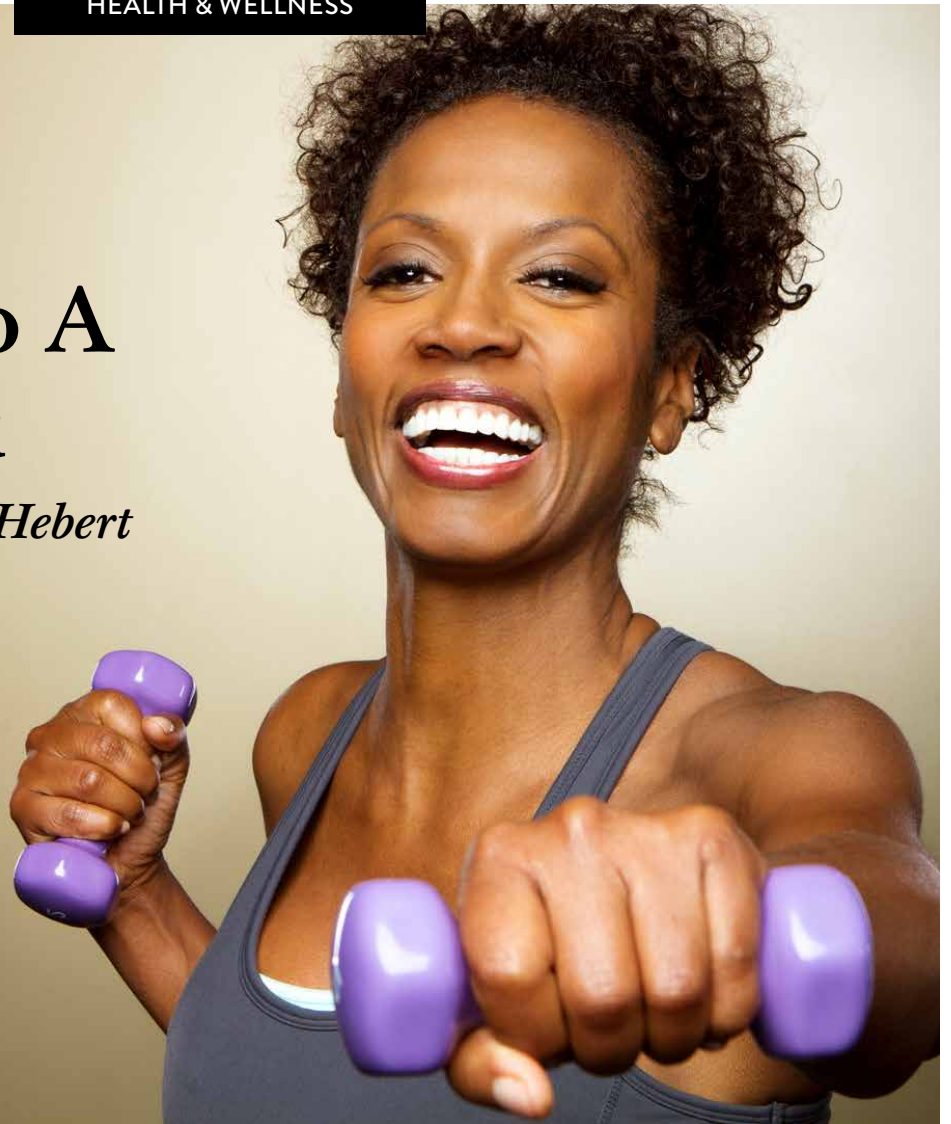


JUNE FITNESS TIP

# 5 Steps To A Fitter You

*by Angela Winston Hebert*



On May 14, 2017 I had my 51st Birthday. Every year I reflect on what I have accomplished the year previous and work on New Goals for the next one. I have learned the most important gift I can give myself is to keep moving my body and fueling it right. We must understand that regardless of what happens to our body it's important to treat it the same way we treat things that are shown on the exterior.

My gift to you is to learn what works for you to stay active. My grandmother would always say you can rest when your day comes to an end on this earth but for now we must move it before we lose it.

Here are 5 steps I've learned from my grandmother and charting my own path to a healthier me.

### **1. HELP GET YOU MOTIVATED FOR THE DAY.**

Your body has rested all night and what perfect way to get motivated in mind, body and soul. Take time for you before beginning your day. We all have 5 minutes to take time for us.

### **2. YOU'LL REAP THE MENTAL BENEFITS OF EXERCISE ALL DAY.**

There are many mental health benefits of exercise, and working out first thing helps you experience those benefits right away. "You'll feel a sense of accomplishment, as well as rejuvenated and recharged."

### **3. YOU'LL MAKE HEALTHIER CHOICES.**

That early morning sense of accomplishment can also help you have a healthier day. "When you get up and exercise, you establish a healthier mindset, which makes you more mindful of what you eat during the day, she says."

### **4. YOU'LL BOOST YOUR METABOLISM.**

Exercise has also been shown to boost the metabolism. It does help to ensure you squeeze it in.

### **5. YOU'LL SLEEP BETTER.**

"Exercise in general helps create a hormonal balance and helps you get into a routine, which can help improve your sleep," she says. Exercise and sleep go hand in hand because getting enough sleep is also linked to weight.

Try these workouts first thing in the morning or before bed. Take baby steps to get motivated and do a few more each day until it becomes a natural and welcomed part of your daily routine!

*Angela Winston-Hebert is a Personal Trainer, Corporate Trainer and Founder of FaithnFitness.*  
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