

1. Make motions.



There's just no way to keep healthy without exercise. It may be in a gym or out in your garden, but physical activity is essential to your good health.

A recent study indicates that the real reason people don't exercise is they don't like being uncomfortable or sweaty!

If that describes you, try Qi Gong, ballroom dance, yoga, or Zumba! There IS an exercise regimen that you will love, just make time to experiment. The payoff is better health, longer life, more energy, endurance, a sharper mind, and a more positive outlook.