



5 Reasons to Keep Your Body in Peak Performance Zone

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This worksheet is a supplement training guide to "5 Reasons to Keep Your Body in Peak Performance Zone!" video published on April 13, 2016.

Get inspired to take action and start moving by watching our Humpday Hustle video of the day, "5 Reasons to Keep Your Body in Peak Performance Zone". Download our free worksheet of this video here: <http://journeytopersonalgreatness.com/greatness-training-guide/>.

Most people hit the gym to get a rockin' bod, but there are more reasons to keep your body in peak performance zone. For the past years or so, scientists have pondered how exercising can affect our mood, brain, and overall human function. Regardless of fitness level or age, studies show that making time for exercise provides some serious health and mental benefits.

How can you switch your mindset to exercise more?

Improve Your Mood

Exercise releases endorphins, which create feelings of happiness and euphoria. The University of Bristol found that people's mood significantly improved on days they exercised. Some studies have shown that exercise can even alleviate symptoms among the clinically depressed patient. So find a way to fit a quick workout into your daily routine and you'll be well on your good and happy way.

Improve Your Creativity

Moving your body can also boost creativity. Supercharge the creativity effects by interacting with nature or walking/running outdoors. Next time you need a burst of creative thinking, get moving to refresh the body and the brain at the same time.

It's Called Insurance

It's no secret that having a healthy body will keep you alive longer, but you might be surprised at how much. One study found that exercise improves life expectancy as much as quitting smoking. It really is true that sitting and lying on bed all day is killing you—and just a bit of regular exercise can stave off the reaper for awhile.

Your Brain Needs It

Studies suggest that exercises improve levels of a brain-derived protein (known as BDNF) in the body, believed to help with learning, higher thinking, and decision making. Regular physical can also boost memory and ability to learn new things

Don't be an intentional burden

Nobody likes getting sick, and exercise can help. A recent study found that people who exercised regularly were half as likely to get a cold than people who are not exercising. Don't be an intentional burden. Start moving right now!

How will you transform your life with this new knowledge?

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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