

## The Exercise Prescription

Dr. Joseph Mercola, a well-known health advocate, has an interesting take on exercise.

He believes that it should be prescribed, like any other medication, in daily doses.

"The simple act of writing out a prescription for exercise is an excellent approach to being proactive in regard to your health. It's also far more logical, inexpensive and actually radically reduces your risk of most every chronic disease known to man. A daily exercise routine is one of the main factors in achieving optimal wellness."

Whether you think about it or not, each day you are faced with the option to get your daily does of exercise or not.

Will you find the time to hit the gym today, or will the busyness of the day leave you exhausted on the couch? Quite frankly, you don't have reasons to not do it - you only have excuses.

If you are like most then exercise isn't at the top of your list of favorite things. You'd rather be immersed in a bowl of ice cream, enjoying their favorite TV show or dining out with friends instead of sweating in the gym.

But the fact is that your favorite things add inches to your waist, and you know that a larger waist equals an increase in health problems, not to mention an overall decrease in your quality of life.

It's time to get serious about exercise.

You could start by changing your attitude toward exercise. If you go into it with a bad attitude, chances are you won't enjoy it. It's time to accept the fact that you can enjoy exercise.

Consider the following:

- Have you written off exercise based on a particular type of routine – maybe you would enjoy something different. The truth is that no one can deny how great it feels to accomplish a challenging workout. It's rewarding, invigorating and feels great. You simply need to find the right form of exercise for you.
- Try to pinpoint the main reason that you dislike exercise. Is it the uncomfortable workout clothes that you own? Maybe it is time for a new style. Is it trying to decide what machine to use at the gym? Maybe it is time for a personal trainer (more on that later). Is it the pain that you feel in your shoulder when swimming? Maybe it is time to find a



Chani Overstreet

Flower Mound, TX

972-768-9266

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new form of cardiovascular exercise - one that won't aggravate your injury.

See, the truth of the matter is that there are many different forms of exercises that will give you the results that you want. Don't like the gym? There's a program for you. Don't like running? There is an alternative. Don't have the time? There are time friendly exercise routines that will give you incredible results in under an hour.

Like I said, when it comes to exercise you have tons of options. But it all starts with ditching the excuses and asking a qualified fitness expert like me for the right program for you.

Is it really that easy? Yes.

So where do you begin? Just pick up the phone and give me a call or simply reply to this email and let me know that you're ready to get in the best shape of your life.

Exercise is your new prescription medication - don't forget to take your daily dose!

### The Healthy Food Trap

Do you eat healthy, exercise regularly and yet haven't been able to achieve your goal weight? You're not alone.

You've fallen into the healthy food trap. This is the faulty belief that as long as the food you're eating is healthy then you don't have to worry about portion size.

Weight loss always has and always will be a numbers game. If you eat more calories than you burn, you'll gain weight - even if those calories are healthy.

Reduce the size of your portions and watch as the weight falls off.

### Creamy Carrot Soup

Most creamy soups are filled with fat – but not this one. Indulge with this healthy carrot soup. Serve with a side of lean chicken breast or grilled fish and a small salad for a balanced meal.



Servings: 2 **Here's what you need:**

- 1 teaspoon olive oil
- 3 garlic cloves, minced
- 1/2 small onion, diced
- Dash of sea salt
- 4 cups carrots, diced
- 5 cups filtered water
- 3 Tablespoons White Miso

1. In a soup pot heat the olive oil over medium heat. Add garlic and onion with a dash of salt and cook for 4 minutes. Add carrots and stir, cook for another 4 minutes. Add the water and bring to a boil.
2. Reduce heat, cover and simmer until carrots are tender, about 20 minutes. Use a hand blender to process the soup until smooth.
3. Remove 1 cup of the soup and mix the miso into it until

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dissolved. Add back into the soup and simmer for 5 more minutes.

**Nutritional Analysis:** One serving equals: 187 calories, 4g fat, 27g carbohydrate, 5g fiber, and 5g protein.

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Email: [chani@chanioverstreet.com](mailto:chani@chanioverstreet.com)

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