

# DO YOU HAVE WHAT IT TAKES to Jumpstart your Brain for “Endless” Energy

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## **“The Benefits of Your Good Circulation”**

As you move into the spring season you will notice movement and life is springing up all around you.

Movement and circulation go hand-in-hand and are required for your mental and physical wellness.

Studies indicate that your body has new cell growth approximately every 21 days.

Yes! Let me remind you that your mental and physical wellness depends upon your healthy cells.

How? You wonder. Your healthy cells circulate oxygen and nutrition through your blood stream. Your circulation carries away bacteria and free radicals from processed food and chemicals . These impurities can destabilize your healthy cells causing poor circulation which allows disease and pain to set in as your effected cells lose their ability to move freely and wash out the impurities.

Be alert! Your body and mind may begin to adjust and accept this sluggishness and poor circulation.

Why? Studies show that we may often attribute our sluggishness and poor circulation to our lack of sleep and overwork.

Let’s pause a moment here. Let me remind you that studies reveal your lack of sleep and overwork “may” be related to the cause. However; the main reason for poor circulation is lack of movement or exercise.

Recent studies reveal the key to maintaining good circulation and reaping the benefits of a healthy body and mind is moving and stretching “every” hour. Hourly stretching increases the cell circulation in your muscles and bones and reduces stiffness.

In addition, exercising 20 to 25 minutes three to five times a week helps you to maintain your healthy heart, bones. and muscles.

I'm here today to challenge you to commit to stretching 60 seconds every hour and slowly work up to 25 to 30 minutes of cardiovascular exercise three times a week.

What! (you think). Yes, I am challenging you!

Keep in mind, I will be glad to be your accountability partner to get you started.

"Why? (you wonder) In supporting you I also support my belief, my personal experience, as well as the Journal of Nutrition , [mayoclinic.com/health/aerobics-exercise](http://mayoclinic.com/health/aerobics-exercise), and the Journal of Neuroscientific Research."

In closing, studies show the benefits of good circulation (through stretching, walking, and weight lifting) are: (1) healthier cell renewal every 21 days (2) decreased impurities in your bloodstream,(3)stronger bones and muscles with increased flexibility,10 and (4) increased focus and mental energy.

The good news is this is a recipe for great health. It is difficult for disease and impurities to settle in when you have the physical circulation and mental focus to fight it!  
Each committed day leads to a stronger you!

Jumpstart your brain; jumpstart your life!

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