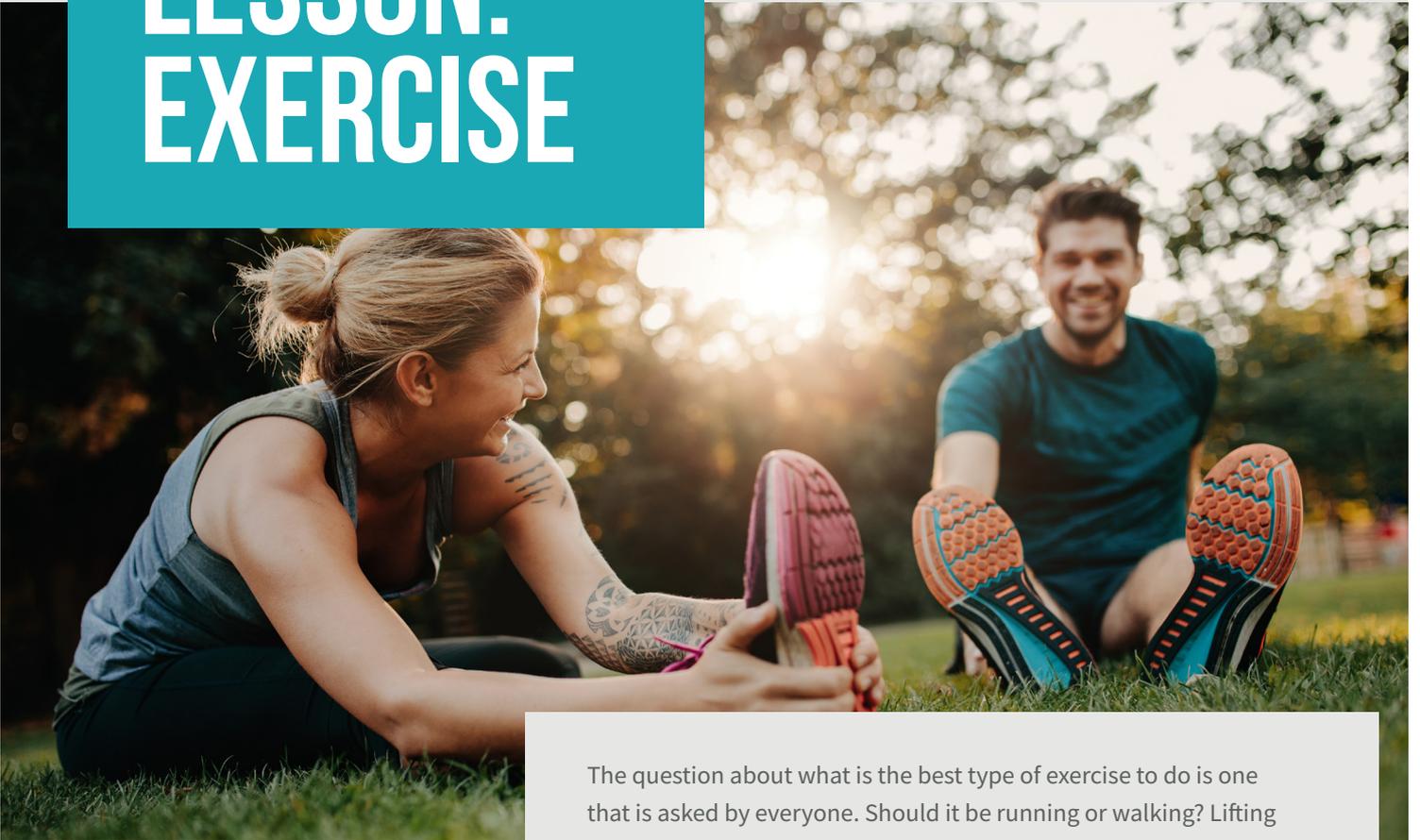


LESSON: EXERCISE



WHAT'S NEXT

So while you are exercising to be healthy consider doing the following:

- Just get moving – doing anything is always better than doing nothing. Whether you are a beginner or a seasoned athlete, the first rule is to get up and get moving. So take out your planner or calendar and schedule in your exercise.
- If you're ready for more, push yourself! Your body is an amazing machine that adapts and gets stronger and you have to push yourself to prevent plateaus. A great way to take things to the next level is with the exercise guides. We use high intensity interval training or HIIT in these guides to help increase the amount of calories burned in a shorter amount of time. Making the experience more enjoyable and sustainable.
- Take Unicity Matcha 30 minutes before exercising to give you some added energy to power through your workout.

The question about what is the best type of exercise to do is one that is asked by everyone. Should it be running or walking? Lifting weights in the gym or body weight exercises at home? The answer is simple: The best exercise for your body is the one you enjoy doing and will commit to. The most important component of exercise is consistency and when you find something you genuinely enjoy you increase the chances of sticking with it.

WHY IT MATTERS

When it comes down to losing weight there are things you need to consider:

We place a lot of responsibility on exercise to make us lose weight. Instead of looking at it from a scale point of view consider things like increased muscle mass, burning more calories, and increasing your resting metabolism as good things that come from exercise.

So, if exercise isn't about shedding the pounds, why does everyone place so much importance on it? While it may not have much impact on the scale, exercise does AMAZING things for your mind and body. Exercise has been proven to strengthen your heart, lungs, bones, and muscles.

When you exercise your heart, lungs, bones, and muscles start to work harder. Making these organs and tissues work hard helps them to become stronger and more efficient at what they do. If that's not enough to get you going, then perhaps exercise's proven ability to better your mood and boost energy levels will be a strong incentive. Because of this, we say: Eat smart to be lean, exercise to be healthy.