

Stress causes weight gain!

Just as stress can be a vicious cycle, exercise can be a positive cycle.

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If the above statement were true in every case, then most people would be overweight. Well, that is not far off. In the United States over 64% of the adult population is overweight - over 129 million people! This problem can cause stress in many ways.

Stress is a vicious cycle: We are stressed; we overeat; we gain weight, become less mobile, experience more health problems and then are more stressed. Stress can take a physical toll, a mental toll, and affect your behavior. Stress can cause headaches, backaches, create anxiety, confusion, lead you to overeat and abuse drugs or alcohol. In addition to these problems, stress can also cause high blood pressure, which can lead to a heart attack.

At Fitness Together, we want to help you overcome the stress in your life. As your trainers, we are concerned with making fitness an enjoyable necessity rather than a dreaded obstacle. We help make the time fun and push you to reach the goals you have set for yourself. Having a personal trainer makes fitness easier because you do not have to worry about doing the right exercises or fighting for equipment. At Fitness Together, you have your own private suite to work out in, and your trainer is fully prepared with the exercises you need to see results.

Not only will the results you get from exercising help reduce your stress, but exercise also has an immediate effect on stress. Exercise promotes the release of hormones, called endorphins, in your body, as well as other positive chemicals. These endorphins help ease pain and produce a euphoric effect.

With exercise, you are more likely to sleep better and, therefore, are in a better-rested and alert state to handle daily stresses. Did you know that exercise is actually being prescribed to relieve nervous tension? Just as stress can be a vicious cycle, exercise can be a positive cycle. As you begin to exercise and realize you are doing something wonderful for yourself, you will feel more positive, want to eat healthier and want to exercise even more.

When you come to Fitness Together, your trainer will help you and encourage you every step of the way. We will even provide you with nutritional guidance so that you do not have to worry so much about whether you are eating right.

Are you ready to shed your stress? There is no better time than the present to begin improving your health. You have nothing to lose except for the weight, the stress, the health problems, the poor self-esteem... Maybe I should say you have everything to lose and so much to gain!

Call Fitness Together today to be on your way to a "less stressful" way of life! 954-491-7988