

5 STEPS TO BETTER HEALTH

Step 5: Move!

KAREN: Hi, I'm Karen Kipp, The Juice Goddess.

TESS: And, I'm Tess Masters, The Blender Girl.

Step 5 of the 5 Steps To Better Health is: Move!

Most of us are just not moving enough, and we have to move to stay healthy and strong. Sitting is the new smoking, and if you're sitting more than you are moving, it's a problem. The human body really needs movement to keep working properly or our systems get sluggish.

KAREN: The lymphatic system relies on movement to conduct fluids through our bodies to expel wastes. Our heart needs movement to work as an effective pump for our circulatory system, and our digestion is impaired if we don't move.

TESS: Just move for 30 to 60 minutes every day. Movement, even something as simple as walking, will keep your cells, tissues, and organs singing; aid your digestion; help you maintain a healthy weight; and promote better quality sleep.

KAREN: Exercising outside in the sunshine and air by walking, running, hiking, cycling, dancing, or stretching at a local park, beach, or other outdoor area.

Here are some exercise Ideas:

- Walking
- Hiking
- Running/Jogging
- Swimming
- Aqua Aerobics
- Cycling
- Skipping
- Dancing
- Skating

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- Rebounding
- Yoga
- Pilates
- Weight Training
- Boxing
- Stretching
- Tai Chi
- Tennis, Soccer, Football, Baseball, Cricket

TESS: Seize every opportunity in your daily life to move more:

- Try a standing desk instead of sitting at one
- Walk or cycle to your destination instead of driving
- Stretch, rebound, squat, or strike a standing pose every 30 minutes while sitting at your desk
- Work at a standing desk instead of a sitting desk
- Take the stairs instead of the escalator or elevator

KAREN: So, to recap: The 5 Steps To Better Health:

Step 1: Hydrate

Step 2: Grab The Greens

Step 3: Push The Probiotics

Step 4: Rip Into Raw Food

Step 5: Move

TESS: and I'm going to add another one:

Love Yourself enough to make your health your number one priority, and spend the time every day to take care of yourself.

Head to TheDecadentDetox.com for more easy tips to get healthy, and stay healthy.