

May: Transformation: Do a little: Gain a lot

May is the middle of the spring season and the spring season is full of transformations. The temperature rises to a more bearable degree, opposing Mother Nature's last few months of freezing surroundings. The leaves we saw fall and flowers we saw wilt are now budding into lush, green, picture-perfect plants. Aside from the weather's transformations that occur in the spring season, let's transform our lives, too.

The notion of good health can come in small tidbits. Think about the stages of a flower from seeds to bloom. The growth and development of flowers occurs over several weeks from germination of seeds planted in the ground to the time in which flowers bloom. The entire process happens in about five stages which is equivalent to 49 days. It is a slow and steady process. Do a little- Gain a lot!

April kicked off the walk your way to a trimmer waistline. Walking 30 minutes a day is enough to prevent weight gain and encourage moderate weight loss. If 30 minutes was a big bite, then three brisk 10-minute walks per day is just as effective. Daily exercise develops determination, focus and patience. Improves your health and strengthens your body. Do a little- Gain a lot!

Our bodies not only need aerobic activities (walking), it needs muscle-strengthening activities. Muscle-strengthening happens when your muscles do more work than they are used to. There are countless benefits to strength training, especially as we age. Muscle-strengthening is important in reducing chronic illness and diseases such as arthritis, diabetes, osteoporosis, obesity back pain, and depression. Do a little- Gain a lot!

The recommendation for muscle-strengthening is two or three times a week. Your strength will increase by building muscle mass and bone density. Activities that strengthen muscles include heavy gardening, lifting weights, push-ups on the floor or on against the wall, sit-ups, using soup cans, and working with resistance bands. Try out a variety of different activities. You can enjoy these activities with family, friends, and co-workers. Do a little-Gain a lot!

The combination of strength training and aerobic exercise can have an effect on a person's mental and emotional health. Exercise can reduce depression and boost self-confidence, self-esteem, and improve your sense of well-being. Strength training can help you stay vital, strong, and independent throughout your life. Do a little – Gain a lot!

Introducing any major change into our daily lives can be very challenging. Starting an exercise program is just like a flower blooming; it requires a step-by-step approach. When making any major lifestyle change, most people go through 5 stages of changes (just like the flower), as defined by the transtheoretical model: pre-contemplation, contemplation, preparation, action, and maintenance. Each stage of change is never effortless. Like the flower, we must go through the process of transformation to produce an amazing product. Do a little- Gain a lot!

