YOUR GUIDE TO GETTING FIT

Morning

- Jumpstart your metabolism first thing with a quick workout. Your body will spend more of the day in calorie-burning mode.
- Studies show that morning exercisers are more likely than evening exercisers to stick to a workout routine.
- Moderate movement in the morning helps loosen up stiff muscles to increase flexibility throughout the day.

Afternoon

- Adjusting daily activities to include more walking or stair climbing is an efficient way to fit exercise into a busy schedule.
- For non-morning people who like their ZZZs, afternoon workouts generate energy and don’t interfere with sleep.
- Mid-day exercise can clear the brain and increase focus by stimulating the part of your brain that’s in charge of attention.
The content of this article is for general informational awareness purposes only. Please consult your eye care doctor or physician for actual advice.

RECENT POSTS

• Vitamins 101: The need-to-know facts you can’t ignore (http://www.vspenvisionnewsletter.com/2013/07/vitamins-101-the-essentials-you-dont-need-a-degree-to-master/)
• 8 eye terms everyone should know (http://www.vspenvisionnewsletter.com/2013/07/8-eye-terms-everyone-should-know/)
• Boost your mood by infusing your world with a little color (http://www.vspenvisionnewsletter.com/2013/07/boost-your-mood-by-infusing-your-world-with-a-little-color/)
• How can I reduce eye strain from my computer screen? (http://www.vspenvisionnewsletter.com/2013/07/why-does-looking-at-a-computer-make-my-eyes-tired/)

Articles

• Ask the Eye Doctor (/category/ask-the-eye-doctor)
• Eye Health (/category/eye-health)