

Get Active to Boost Your Mood, Metabolism, and Energy

Modern sedentary lifestyles can take a toll on your family's health. With parents working long hours and juggling childcare, shopping, cooking, housework, school runs, and homework, it can be hard to find the time or energy for your family to be active.

It's well worth making the time because being active has three main benefits for your family: it helps to elevate your mood, keeps your body healthy, and boosts energy.

#1 Exercise Elevates Your Mood

High-intensity exercise releases endorphins, which are the body's feel-good chemicals. [Low-intensity exercise may have even greater benefits for mood](#) because it causes special proteins to be released that increase nerve growth and connection in the hippocampus – the region in the brain that regulates mood, which in turn makes you feel better.

And if you can exercise outdoors, there are even greater mental health benefits. Richard Louv, author of *Vitamin N: The Essential Guide to a Nature-Rich Life* and co-founder of [Children & Nature Network](#), advocates the importance of nature on children's health and well-being.

Healthcare professionals too are recognizing the value of nature in preventing and treating mental health issues – there are no side effects that come with medication. Exercise also helps you sleep better and can help prevent and treat chronic pain.

#2 Exercise Keeps Your Body Healthy

More children and teenagers are overweight now than ever before and [more than 1 in 6 American children are obese](#). Aside from the impact on self-esteem and confidence, being overweight can lead to obesity and an increased risk of type 2 diabetes, high blood pressure, high cholesterol, heart disease, stroke, and even cancer.

When children eat more than they need for normal growth and activity levels, the excess calories are stored as fat. Active children are less likely to gain weight. Exercise also [speeds up your metabolism](#), which means your body burns extra calories even when you're resting.

The [American Heart Association recommends](#) children and teens ideally take part in 60 minutes of moderate-intensity physical activity every day. The AHA also advises limiting your child's screen time to no more than two hours a day. Being active also helps develop strong bones, protecting against osteoporosis in later life.

#3 Exercise Boosts Your Energy

[As Harvard Health explains, exercise can boost your energy](#). When you exercise, your muscles need more energy and oxygen so you can move with greater speed, strength, and stamina. This increase in blood flow, along with the short-term release of stress hormones, can make you feel more

energetic. So next time you feel so sluggish you just want to put your feet up, pop your training shoes on instead!

Ways to Get Active

Look for opportunities to be active each day. Maybe your child can walk to school or you can walk to your local shops, play area or park together. Look out for steps just waiting to be used – you can find them in shopping centers, the metro, sports stadium, or the local park. Keep a football or Frisbee in the car for spur-of-the-moment or post-picnic fun. Or how about a family workout of jumping jacks alternated with marching or running on the spot? Finding ways to be active in your everyday environment means it won't cost your family a cent to keep fit!

Set the Example

You are a role model for your child so let them see you walking, running, cycling, swimming, dancing or even gardening! Being active together creates healthy habits that your child will take with them into adulthood, along with family memories they will cherish for a lifetime.

Join like-minded people in the Young Living Essential Oils work-from-home community. Making better choices and consciously creating healthy lifestyle habits can help your family to greater wellbeing and healthier, happier lives.