

REAPING WHAT YOU SOW

Spring & Summer is a time for new growth, and what better way to grow than in your garden. Though many of us find time to be a challenge to do both chores and working out, there is a way to benefit from both.

We know that exercise can aid in stress reduction, and so can spending time with nature. There is a “Zen” type quality about digging in the dirt, and feeling what the earth has to give to us. We all feel the stresses of the daily hussel and bussel of our lives, so what better way to relax then by adding some beauty into our lives with the wonderful colors of flowers.

Gardening not only makes one feel better on the inside, it can help us look better on the outside. A 150 pound woman will burn on average of 195 calories per 30 minutes of gardening. That is more than you would expend walking at 4.0 mph for the same amount of time. Add 30 minutes of mowing the yard and 30 minutes of raking, you are up to burning 439 calories burned (on average) and your yard is looking wonderful!

Not only are you increasing your heart rate, but you are also tasking your muscles, so you are increasing your muscle strength, which will increase your lean mass, which will have a direct response on your resting metabolism. (Increasing your lean mass, increases your metabolism.)

So next time you feel the time crunch, and wonder if you should go to the gym, or spend some time in your garden, you need not worry about missing your workout, just take it outdoors. Just remember to stay hydrated by drinking 8 oz. Of water for every 15 minutes of exercise. And when the temperatures start to rise, you will need to increase your consumption of fluids, and maintain hydration.

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