

AUGUST NEWSLETTER

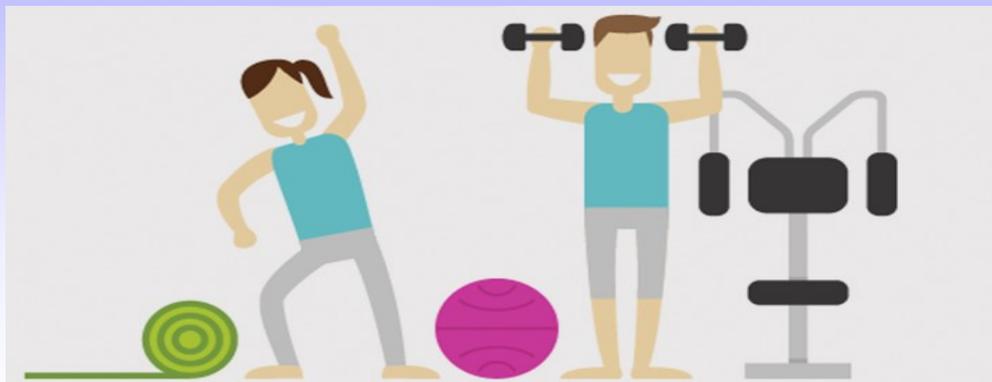
GSFC FITNESS CENTER

AB Contestants -
After pics the week
of Aug. 22nd!

*Reach the Beach
Race will start
Aug.8. Sign up at the
front desk!*

Friday, August 19th 12-1
PM Toni's Bokwa Class -
Limited to 10 partici-
pants.

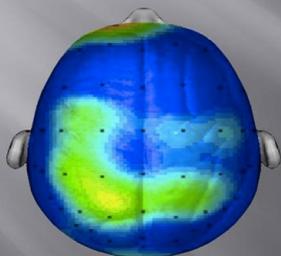
Happiness Happens Day August 8, 2016



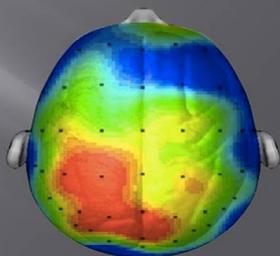
Most of us are already familiar with the fact that exercising regularly can have benefits such as maintaining a healthy weight and improving cardiovascular health. As if we need yet another reason to exercise, there is also the suggestion that physical activity may also improve one's mood and increase feelings of

HAPPINESS!

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK

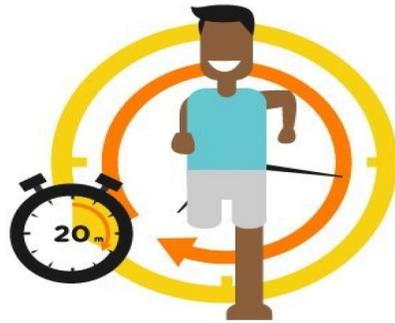


Research/scan compliments of Dr. Chuck Hillman University of Illinois

WHAT TRIGGERS HAPPINESS IN OUR BRAIN WHEN WE EXERCISE?

If you start exercising, your brain recognizes this as a moment of stress. As your blood pressure increases, the brain thinks you are either fighting the enemy or fleeing from it. To protect yourself and your brain from stress, you release a protein called BDNF (Brain-Derived Neurotrophic Factor). This BDNF has a protective and also reparative element to your memory neurons and acts as a reset switch. That's why we often feel so at ease and things are clear after exercising and eventually happy.

WHAT THE SCIENCE SAYS



The mood benefits of just **20 minutes** of exercise can last **12 hours**, according to researchers at the University of Vermont.

The Happiness Sweet Spot : Moderate intensity strength training made people feel happier than low and high intensity weight lifting in a Rutgers University study.



MORE FUN, LESS WORK

We're more likely to enjoy exercising—and stick with it—if:



We choose the workout, how often we do it and how hard we have to work at it



We think it offers opportunities for meaningful relationships with other people



We feel that we're good at it

feel
THE
music

Music makes exercise way more fun. Our moods can improve 15% when we listen to motivating music during a bout of cardio.

How much is enough? People who exercise for 30 to 60 minutes 3 to 5 days a week get mental health benefits, according to the U.S. Department of Health and Human Services.



QUICK LAST FACT: YOU GET THE HIGHEST LEVEL OF HAPPINESS WITH EXERCISE IF YOU ARE JUST STARTING OUT.

The increase of the BDNF proteins in your brain acts as a mood enhancer. The effects are similar to drug addiction one study found. So when you start exercising, the feeling of euphoria is the highest and more exercise is needed to achieve the same level of euphoria over time.

NAME: Alan Abeel

JOB TITLE: Contamination
Control engineer



How long have you been active or exercising?

I have been active my whole life, but I've only been consistently tracking my exercise and going to a gym for about 3 years now.

What motivates you to live a healthy lifestyle or to exercise?

Mostly my health. I feel better and more energized when I stay active. I also play ice hockey, which requires staying in shape to succeed and avoid injury. I had surgery on my left shoulder 4 years ago, and I ended up really out of shape. I was lethargic and weak. Once I started regularly exercising, I quickly felt much better. Exercising has since become a real hobby for me, and I often look forward to going to the gym or to the rink.

What health goals have you accomplished? What helped you reach your goals?

Most importantly, I've regained strength in my previously injured joints. However, I'm now in the best shape of my life and kick myself for not making regular exercise a habit years ago. I've burned a lot of body fat and have been able to develop strength that I really never thought I was capable of. I also compete in a local adult ice hockey league, and I've been able to climb from the lower end divisions to the more competitive ones. Staying in shape has increased both my speed and strength on the ice, and I couldn't have advanced without pushing myself to frequently work out. Working to be better on the ice has forced me to be healthier off of it.

What is your favorite activity or exercise?

In the gym, my favorite activity is the deadlift. Outside of the gym, it would be hockey.

What words of inspiration can you give to those you are just beginning their healthy life?

I began my healthy life overweight, weak, slow, and lethargic. I stayed focused on improving my health, and it has dramatically paid off. I'm in the best shape of my life now, and my only regret is not starting sooner. Maintaining a healthy lifestyle really makes you feel great, and it is never too late to start!