



You'll Feel Better When You Get Moving

Too often, physical activity is the last thing we make time for in our busy daily lives, and the health effects can be dramatic. Weight gain, heart disease, autoimmune diseases, insomnia - the effects of a sedentary lifestyle are widely documented

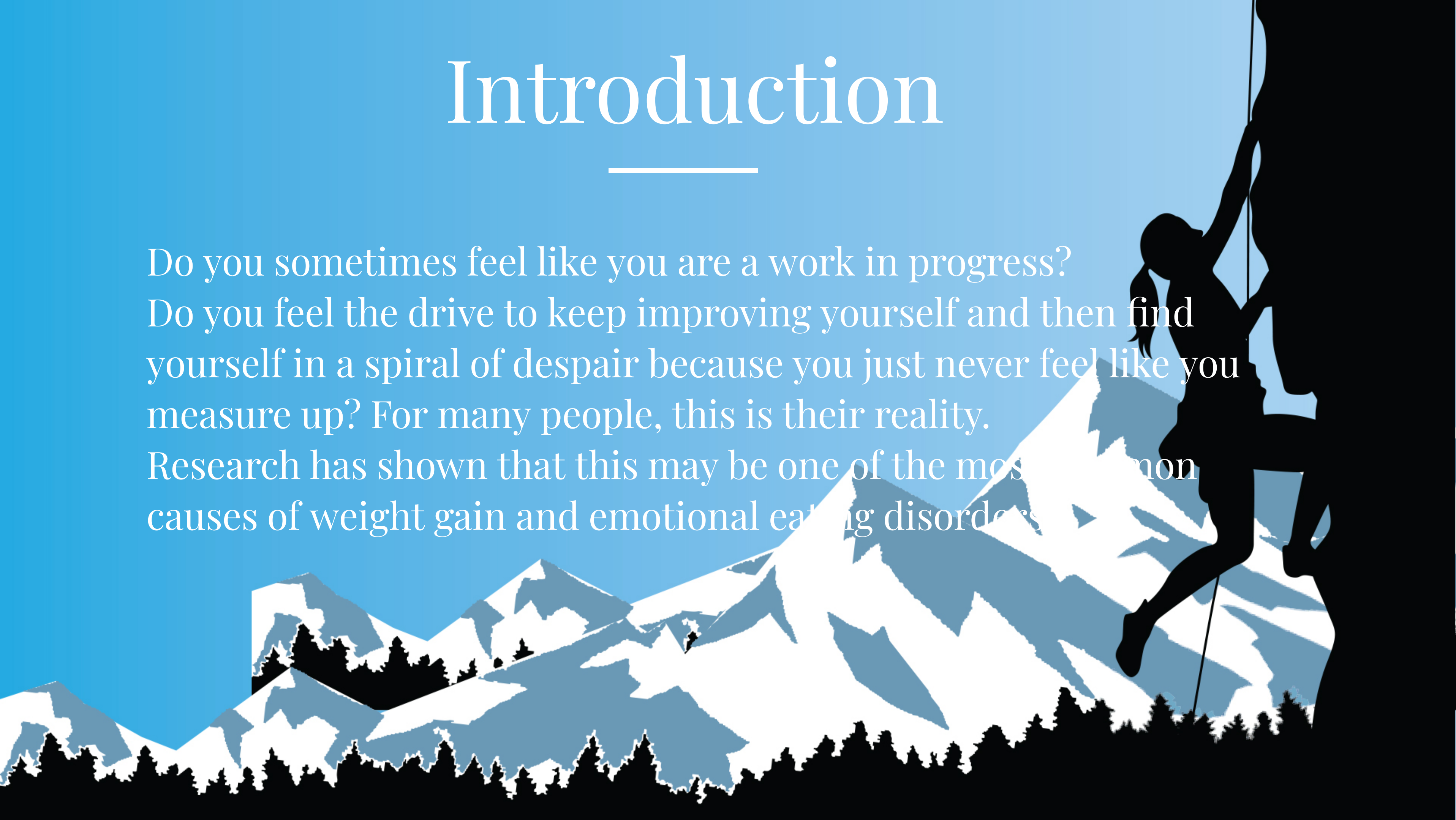
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Introduction

Do you sometimes feel like you are a work in progress?
Do you feel the drive to keep improving yourself and then find yourself in a spiral of despair because you just never feel like you measure up? For many people, this is their reality. Research has shown that this may be one of the most common causes of weight gain and emotional eating disorders.



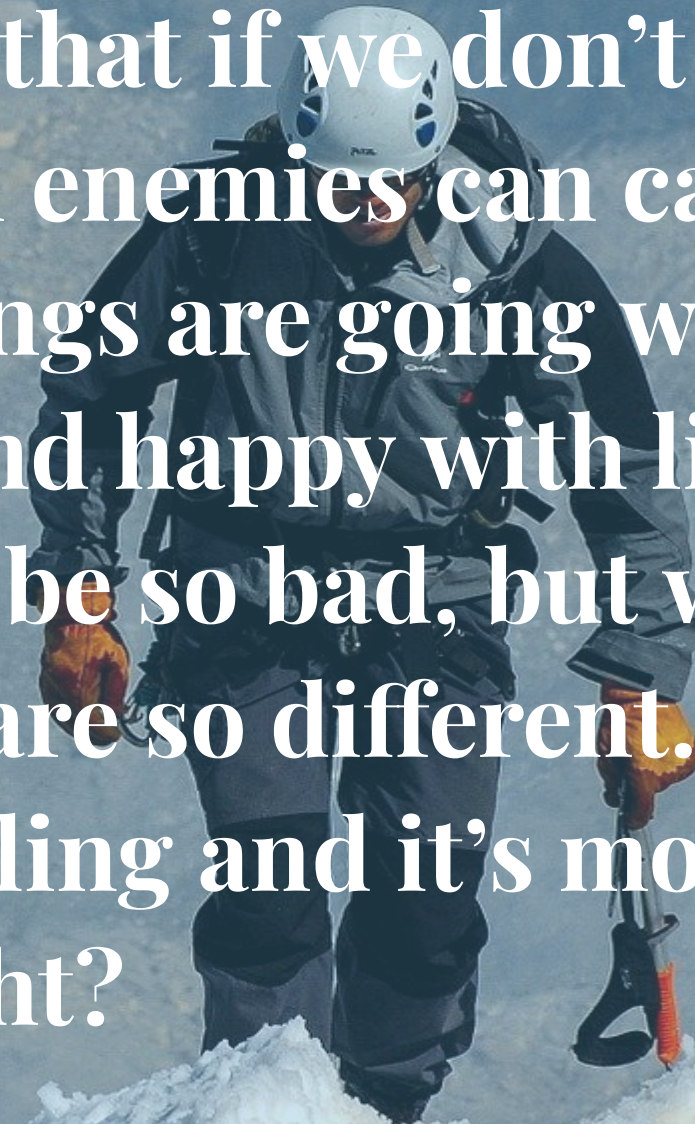
Introduction

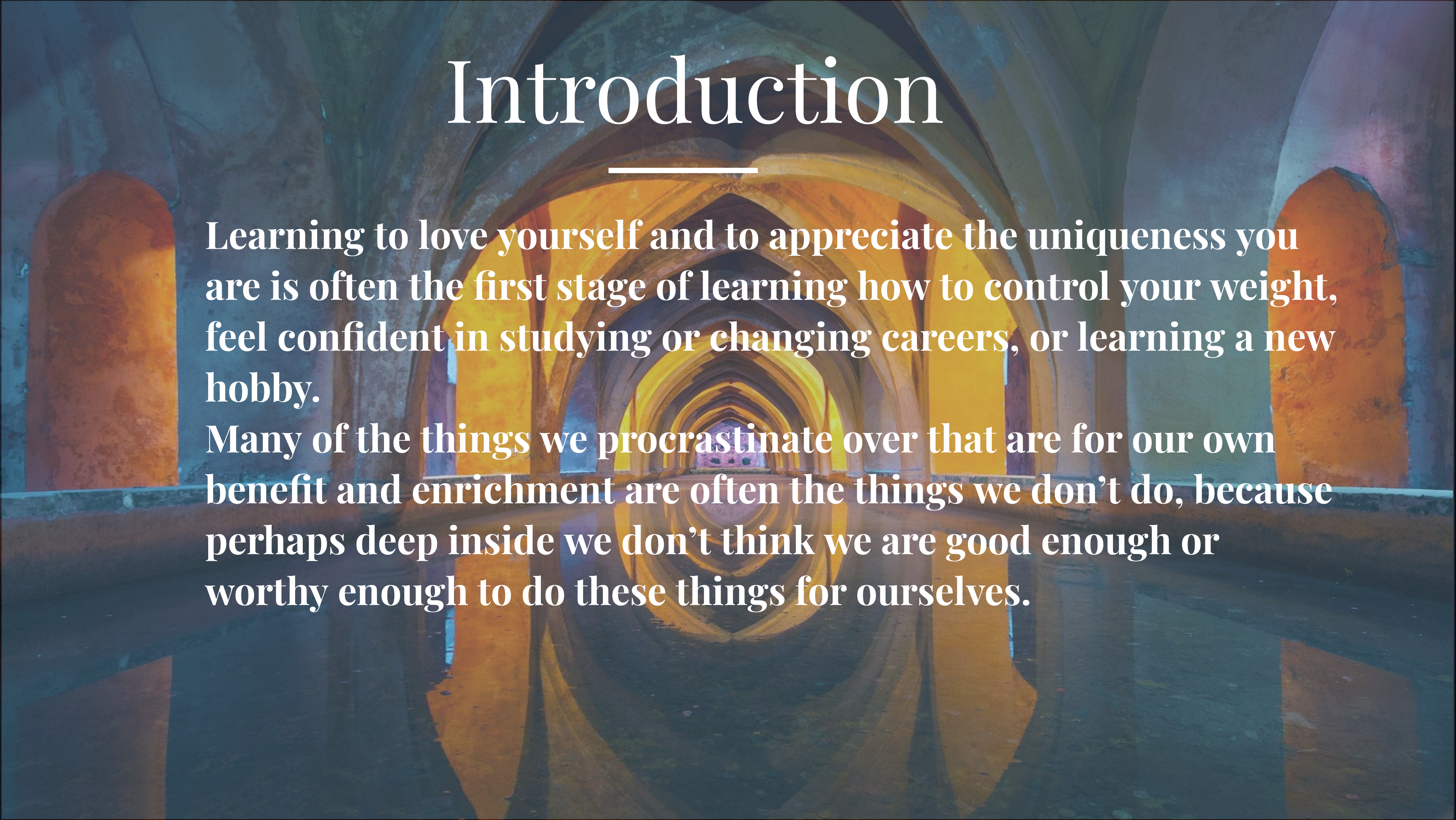
All of us need to find freedom from the cycle that we are **imperfect**. **While** we all have room to grow and develop; the most **freeing of all realities** about ourselves that we need to absorb and **accept** is that **we** are a unique and beautiful human being. There **is no one quite** like us on this earth and there never will be. **Once we accept** this for ourselves, we can then look for ways to **make the good** in us better. **Without this** perspective, we will constantly strive to find some **self-acceptance** and won't move much beyond this point in our **life**.



Introduction

An old African proverb reminds us that if we don't have any enemies inside us, then no external enemies can cause us harm or hurt. Have you noticed when things are going well on the inside and you are feeling secure and happy with life, things that go wrong in your life don't seem to be so bad, but when you are feeling bad about your self, things are so different. The world seems to take on a much darker feeling and it's more difficult to cope when things are not going right?





Introduction

Learning to love yourself and to appreciate the uniqueness you are is often the first stage of learning how to control your weight, feel confident in studying or changing careers, or learning a new hobby.

Many of the things we procrastinate over that are for our own benefit and enrichment are often the things we don't do, because perhaps deep inside we don't think we are good enough or worthy enough to do these things for ourselves.



Your Brain Will Work Better

The mental boost you get from adventure travel can be even more significant than the physical one.

Spending time outdoors makes us feel good about ourselves and others, but another one of the health benefits of traveling is an improved immune system. According to a recent Japanese study, a 1-day trip to a suburban park can boost immune activity for a week. Another Japanese study, published in 2010, found that short, leisurely trips to a wilderness area boosted the immune system for more than 30 days.





You'll Improve Your Mood

Travel makes people happier, and happy people have levels of cortisol, the stress hormone, that are 23 percent lower than those of unhappy people.



Your Sleep Will Improve

Your mother told you this as a child and it's still true today: if you get enough fresh air and exercise, you'll sleep better. Sleep is important to physical and mental health, and when you travel with Quark Expeditions®, there are more than enough activities to keep you busy.



Adventure Tracer Lifestyle

Too often, physical activity is the last thing we make time for in our busy daily lives, and the health effects can be dramatic. Weight gain, heart disease, autoimmune diseases, insomnia – the effects of a sedentary lifestyle are widely documented.



Remember Your Worth It!

Challenge those thoughts and starting tomorrow -
Choose one thing you want to do for you. - Because
guess what, you are worth it! Most people have to
battle the self-talk and rarely say anything nice about
themselves. Try looking in the mirror when you wake
up and tell your reflection what you would tell your
best friend... You are worth it!



THANK YOU!

We Welcome Your Feedback.

Feel Free to Get In Touch, If You Have
Any Questions!
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