

Stop making those excuses and get fit

A healthy body means a healthy clear mind, which leads to greater capacity to learn, understand, calculate, process and devise. This in turn promotes higher achievement and higher exam scores.

Exercise generates a greater movement of blood around the body which removes cellular by-products (waste) and increases oxygen uptake in the body, ensuring brain cells function quicker and together.

Exercise increases the production of endorphins, naturally occurring chemicals that enable the body and mind to feel invigorated and work longer periods of time in a more efficient and effective manner.

But we're all guilty of procrastinating when it comes to doing things we don't like, and dragging yourself to the gym

"It takes about four weeks to start seeing an improvement in yourself"

between lectures definitely falls into this category!

But with summer just around the corner there's more reason than ever to start that health kick and *Utimes* has put together a list of handy hints to help you overcome your gym angst.

Excuse #1: "I'm too busy." If you're flat-out on study it can be hard to get to the gym especially if

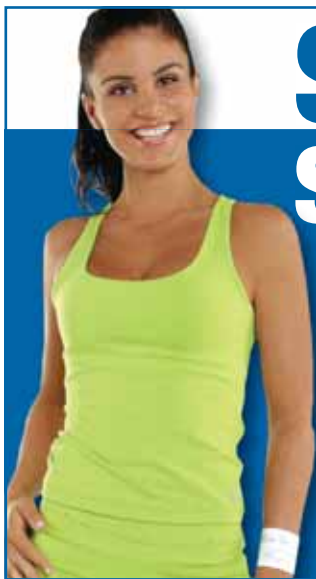
you throw in a social life and part-time work. The answer is "routine". Finding the time to get to the gym is all about habit. You need to work out a schedule and stick to it. Ideally you should do some form of cardio exercise three times a week, and exercising in the morning is great because it gives you more energy for the day ahead. Remind yourself of the benefits of fitness like, if you're stressed a 45-minute break at the gym will actually make you think more clearly.

Fitrock at 246 Church Street, Richmond offers a special student introductory price on gym memberships. For more information about a program that suits you, contact the guys there on 9427 8994. www.fitrock.com.au



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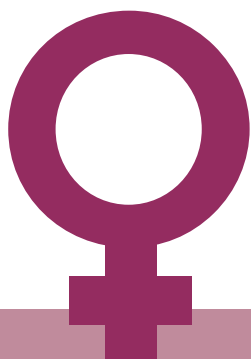
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