

Nuggets For Life®



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What a great start to March! Warm, sunny and almost 60 degrees! I've seen all kinds of happy people and animals enjoying the weather! Walkers, joggers, hikers, bikers, strollers, roller bladers, escapades and nature's games. Children frolicking as they await the yellow school bus. A very old lady that comes out from hiding every Spring to walk her very old dog a very long distance on the sidewalk of a very old town. All kinds of birds singing and fluttering and pecking at seeds with such joy. Pups playfully running around acres inside perimeters of the electric fence, falling over each other and excitedly digging in the unfrozen earth, all paws engaged in the anticipation of discovering something special. Spring asks us to have more energy to enjoy all her great gifts.

This week's nuggets for life are to increase your energy by exercising in creative ways every day for all 7 days! Try active rest exercise like the walk/jog. Start out walking at a nice clip for about 5 minutes and then jog for a minute. Walk another 5 minutes and jog for a minute and a half. Keep the rhythm going for 30 minutes! Or get your bike out, dust it off and take it for a quick 15 minute ride down the road and 15 minutes back again before or after work instead of doing something else. Check out www.bodyrock.tv for a heart pumping full on 12 minute free work out! Everyone at every age and fitness ability can ramp up the exercise!

Listen, it's a great week to add these nuggets because you'll feel you're earning the green beer and plate of corned beef and cabbage I know you'll be enjoying on Saint Patrick's Day!

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