



Tips to keep you airborne!



Go with the Flow
August 2018

Leaning over a bridge watching turbulent, winter waters flow below, I was recently reminded that I too, like that river, needed to move and groove.

It struck me that I'd been less than active of late. Call it lazy, call it winter, call it what you will.

The upshot was that my body felt like that very same river in summer time, which almost trickles to a halt, leaving pools of stagnant water in its wake. Charming!

Moving is a basic expression of our life energy. Maintaining a balance of movement and rest is essential to our health and being.

It's also a great pick-me up if you're feeling a tad anxious, stressed or depressed.

How so? Well, that wondrous body of ours has an in-house pharmaceutical factory, capable of manufacturing a myriad of zippity doo dah drugs, to make us feel better.



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Neurotransmitters such as serotonin, which stabilizes mood (low levels of which have been linked to depression), and GABA, an inhibitory neurotransmitter that chills the neurology and calms you down, are on tap.

All we need to do is to turn them on.

With what?

Exercise of course.

Hmm...sounds like hard work, says you. I'd rather go to the pub to take the edge off my nerves.

Well, you'd be right in thinking that a drink or 3 increases the amount of serotonin and dopamine released in the brain and that it binds to certain GABA receptors, mimicking the activity of the GABA, leaving you feeling pleasantly relaxed and happy, yes?

But...there's always a but...it has side effects.

Too much of it will disrupt your sleep cycle, which you definitely don't want to disrupt (for reasons which I'll elaborate on later). This of course says nothing of the hangover.

Exercise, on the other hand will boost your sleep, increase your stress threshold and improve your mood, to name a few.

Still not convinced?

Put your trainers on and walk to the pub!

That's exactly what I did...well actually, not quite. I put my trainers on and headed for the backstreets of the neighbourhood.

Did it unblock the dam in my river? It did... but more on that later.

Till next time, here's to going with the flow and to turning on the taps!

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