

Share Scents News

Essential Oils for Every Day and Every Body

Let's Get Moving

We all know that staying active is a very important key to maintaining optimal wellness, but why don't we move more?

There are usually a variety of reasons we choose not to move more. For me, I'm busy. When do I work that into my day? I'm tired, I've been on the go all day – isn't that enough?

I wish that I could say, that "it is enough." Maybe for you it depends on what your work for the day involves. If you are doing physical work all day, that may excuse you more than me, who sits behind a desk a lot of the day.

There are times when I am on the go, and it really does feel good to be up and at it. I believe that if we are rested and energized, that moving in a conscious way does make us feel better. When you are "half there," it is pretty hard to have your heart in the activity you are doing. Does that make the movement effective? It probably depends on YOU! Can you do routine things well?

In this letter we are talking about our movements and how we need to make these serve our bodies, so we can remain healthy and strong. Choices we make for our energy source do contribute more that we realize.

We do lose when we do not move. So let's talk about moving.

Joyce

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Share Scents Classroom:

<https://sharescents.com/members/page/57329>



Keys To An Effective Transformation

1. Identify where you are. Check in with your health care provider about your fitness level and what it means.
2. Find out where you should be/want to be. Your provider can help you determine a healthy goal.
3. Make better choices. Focus on three areas of empowerment: healthy eating, physical activity and focused supplementation.
4. Track your progress along the way. Measure and weigh yourself; write down what you eat; review your progress weekly.

These statements have not been evaluated by the FDA. Information, products and/or techniques mentioned is provided for educational purposes and not intended to diagnose, treat, cure or prevent any disease. It is not intended as a replacement for diagnoses from a licensed medical professional. Consult with the health authorities of your choice.

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Use Goals

- **Specific:** Choose a specific goal, like exercising 30 minutes a day rather than the vague “exercise more.”
- **Measureable:** Determine how you will measure your goal. Track how often you exercise, how many minutes per workout, or how many miles you run.
- **Accountable:** Develop a way to be held accountable. Share your goal with a friend or coworker and ask him or her to follow up, for example.
- **Realistic:** Make sure that your goals are attainable. Set goals you can keep, like exercising 30 minutes a day rather than 2 hours per day.
- **Timeframe:** Establish a specific time in which you plan to accomplish your goal. You can create benchmarks for daily, weekly, and monthly goals, adjusting along the way.

Proper Hydration

Hydration is a critical part of this process.

Drink plenty of water.

Our bodies need water to stay balanced and hydrated. When it comes to managing calories, hydration is key. Drinking water can even help you cut out high-calorie beverages and help you to feel full. Since Americans get more calories from sugary drinks than any other beverage choice, this can be a huge way to change your caloric intake! Make your daily water intake more interesting by flavoring your water.

**How much water should you drink?
A good rule of thumb is to divide your weight in pounds in half. Then drink that many ounces of water each day!**

Healthy Eating

Focus on eating the right foods.

Eat Foods High in Nutrition – This gives your body the nutrients it craves, so it can do its best for you.

Making good choices starts with what you put in your body.

There are some foods that can cause common allergens. If your body feels sluggish after consuming them, try eliminating them for a while and see what your energy is like.

- Gluten
- Dairy
- Soy
- Corn
- Chocolate
- Coffee

Fuel your body with the right kinds of food: Specifically vegetables, fruits, whole grains, low-fat dairy products and lean proteins.

EAT FOODS THAT SATIATE

Don't leave yourself hungry after eating!
Make sure you're getting enough calories and protein for your body.



Control and Avoiding Oversized Portions

A 2004 study of 329 overweight people found that 38% of those who practiced portion control for two years lost 5% or more of body weight, compared with 33% of participants who did not. They actually gained 5% or more body weight.

Get Moving

Physical Activity

- Strong scientific evidence shows that physical activity can help you maintain your weight over time.
- Being physically active can also play a major role in preventing many chronic health conditions.
- Exercise can increase your chances of living longer.
- Activity improves your overall mood and helps to relieve stress by releasing endorphins.
- Whatever your fitness level, there is a physical activity you can do. Find something that's your pace and make some measurable goals.
- Whatever your fitness level, there is a physical activity you can do. Find something that's your pace and make some measurable goals.
- Regardless of whether or not you want to lose weight, there are so many benefits to exercising!



Muscle-Strengthening Activities

These activities should work all the major muscle groups of your body: legs, hips, back, chest, abdomen, shoulders & arms.

To gain health benefits, muscle-strengthening activities need to be done to the point that it's hard for you to do another repetition without help.

- Lifting weights
- Using resistance bands
- Doing push-ups, sit-ups, etc.
- Practicing yoga

These activities should get you breathing harder and your heart beating faster. One minute of vigorous-intensity activity is about the same as two minutes of moderate-intensity activity. Get at least 10 minutes at a time.

Purpose of Sweating?

Toxins like lead, mercury, arsenic, petroleum and cadmium are absorbed from the environment through out food, water, cleaning products and personal care products. They can and do build up in the body and cause health and developmental problems. These toxins can be found in small concentrations in sweat, which means the toxins are excreted from the body in sweat.

1. Sweating boosts endorphins
2. Sweating lowers Kidney stone risk
3. Sweating lowers risk of colds and other illness

Aerobic Exercise



Moderate Intensity

- Brisk walking
- Biking slower than 10 mph
- Water aerobics
- Playing doubles tennis
- Pushing a lawn mower
- Gardening
- Ballroom dancing

Vigorous Intensity

- Jogging or running
- Biking faster than 10 mph
- Swimming laps
- Playing singles tennis
- Jumping rope
- Playing basketball

Slique's Complimentary Products For Your Movement Goals and Weight Management

Healthy Snack Choices

Slique® Bars – The delicious, high in fiber snack that helps you stay full longer! Ingredients include baru nuts, cacao nibs, goldenberries, and potato skin extract for satiation.

Chocolate-coated Slique Bars – These bars contain all the benefits of Slique Bars with the added goodness of decadent dark chocolate.

Slique Gum – Chew Slique Gum between meals to help curb cravings. Ancient travelers throughout the Middle East chewed raw frankincense resin for its ability to help control cravings and our gum offers the same benefits. Add a drop of Peppermint Vitality essential oil or Slique Essence for an extra flavor rush.

Slique Shake – Reduce daily caloric intake by replacing one meal with this nutrient-rich shake. Add 1 Slique packet to 8 ounces of water or milk of your choice.

Slique CitraSlim – Designed to help you lose inches for a slimmer, sleeker you! A proprietary citrus extract blend, which some studies suggest may help support the body in burning excess fat when used in conjunction with a healthy weight-management plan.

Slique Tea – Replace your morning coffee with our Ocotea oolong cacao slimming spice tea for a boost. Formulated with Ocotea, Frankincense powder, and other natural ingredients.

Slique Essence – Combines powerful oils with stevia extract and great citrus flavor and helps satisfy your sweet tooth. Add 2-4 drops to 4-6 ounces of water, Slique Tea or another beverage.



More Young Living to help reach your targeted goals!

- NingXia Red
- NingXia Nitro
- NingXia Zing
- AminoWise
- Gary's True Grit Chocolate Wolfberry Crisp Bars
- Pure Protein Complete (Vanilla or Chocolate)
- Balance Complete



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