Fuel Your Brain & Reduce Stress With Exercise

Hello [[firstname]],

Check out today’s blog post about the reasons exercise eases stress if you haven’t been over there yet.

[Insert Link]

Exercise can also help to fuel your brain, as this email is going to show you.

**How Exercise Can Help**

You may already know from the blog post that exercise is really good at reducing stress. It helps you to clear your mind and focus only on the activity, while also helping to boost the endorphins. Releasing those happy chemical endorphins is also how exercise is going to fuel your brain and give you more focus and energy for the rest of your day.

**Try Swimming**

Swimming is a fun exercise that is really great at reducing yours tress levels. With swimming, it is soothing and relaxing on your body, so if you have arthritis or other body pains, then it won’t make matters worse. However, while it is soothing your joints and muscles, you can also get in a good workout by swimming laps or taking a water aerobics class.

**Go For a Hike**

Another good way to exercise while trying to fuel your brain and reduce stress is with a hike. Like swimming, this is going to offer you multiple benefits. Naturally, the long walk up and down hills is going to be a really good workout, so it is helping you on a physical level. Hiking is also good for your mental health since you are out in nature, getting plenty of sunshine and fresh air, and can really help to calm your nerves.

**Head to Yoga or Pilates**

For a different type of exercise, consider taking a yoga or Pilates class, or doing the workout at home. However, if a lot of your stress exists in your home, you should try to take a class instead. This gets you out of the house, lets you relieve some of that tension with your family or home life, and lets you socialize as well.

[sign off]