

THE POWER OF 10

5 reasons to squeeze in a 10-minute run

- 1** A quick run can bring your mind into a meditative state. The brain settles into the rhythm of the footsteps, breath and awareness to help you connect to the **POWER OF NOW**. The present moment is where we tap into our most creative, and truest self, the place in which we are open to all possibilities.
- 2** A 10-minute run can click your brain into workout frequency and kicks the body in to a metabolic engine:
 - muscles connect, contract and lengthen
 - fascia becomes elastic
 - lungs and heart pump into action
 - the whole body syncs up with the mind
 - the lymph system is stimulated to flush out old stagnant energy and waste.
- 3** Your body will feel a renewed vitality
 - It only takes a moment to take a deep breath, gaze at your surrounding, remember what matters most, and let **GRATITUDE** flood in. When we are grateful, we approach life with a sense of abundance, and a positive attitude.
 - When we acknowledge all of the good things in our lives, we open up space to receive even more plentitude.
- 4** Our brain and body get the benefits of endorphins, dopamine and serotonin.

These are the "happy drugs" produced from exercise. By embracing gratitude and seeking a more creative perspective, you will be on a high for the rest of the day.
- 5** 10 minutes can change your day- by intensifying the goodness in your life. A quick run can also help you solve sticky problems, and wash away any negative thoughts that could weigh you down.