

DID YOU KNOW that studies have shown that exercise significantly increases mental acuity--a benefit that lasts **four** to **ten** hours after your workout ends? Exercising in the morning means you get to harness that brainpower, instead of wasting it while you're snoozing.... **and** exercising early in the morning "jump starts" your metabolism, keeping it elevated for hours, sometimes for up to 24 hours! As a result, you'll be burning more calories all day long--just because you exercised in the morning. (SparksPeople)

AND to maximize exercise's mood-boosting power, combine aerobic activity and strength training. After reviewing 32 studies on activity and mood in people ages 65 and older, researchers found that a combination of low-intensity aerobic exercise (such as walking or cycling) plus strength training just 3 days a week left people feeling much happier. "Strength training makes people strong and independent. Aerobic activity boosts feel-good hormones and may improve mental function," says study author Shawn M. Arent of Arizona State University in Tempe. "Together they can make you feel 10 to 15 years younger. (Prevention)

Listen To Your Feet: To be a better runner, you need quiet feet. If you hear them hitting the ground, you're not running well. You don't want to be pounding the pavement. That's too hard on your joints. Keep your feet close to the ground, using a quick, shuffling stride. (Men's Health)