

## Simple steps to boost endorphins

Working on boosting serotonin and endorphins may seem like one more thing to worry about. But the reality is that many things we routinely enjoy can help keep us feeling balanced and whole. Consider these simple possibilities:

**DUSTERCISE**-cleaning the house might seem like a disagreeable chore, but the satisfaction of clean and clutter-free living, combined with the exercise of cleaning, can boost endorphin levels.

**HIDE THE REMOTE**- Simple steps can add up to a lot of endorphin-releasing exercise. Forget the remote and get up to change TV channels or adjust volume. Choose a parking space further away from the store entrance. Sit on an exercise ball while working at the computer.

**JOIN A CHOIR**- Singing is an aerobic activity, and aerobics boost endorphins. Add to that the contentment that comes with the social aspects of group participation, and you have a recipe for endorphin release.

**REARRANGE THE FURNITURE**- It will give you a chance to exercise your creativity, grant a new perspective and provide you with the exercise of moving heavy pieces.

**AQUA-CISE**- Exercise is a proven endorphin booster, but splashing in the water is just plain fun. Water also provides 12 times the resistance of air but is easier on joints and bones, which means you get more out of your exercise with less wear and tear on the body.

**GROW SOMETHING**- Working in the garden can be relaxing, satisfying and also good exercise that you hardly notice while you're doing it. If you grow flowers, you'll have the reward of beautiful blooms. If you grow vegetables, you'll have the bonus of eating what you grow. And fresh vegetables always taste better!

**PAY IT FORWARD**- Perform an unexpected kindness for someone. You'll be amazed at the endorphin rush that accompanies giving and helping.

The most important thing to keep in mind is the activity you enjoy is the activity you're likely to stick with. As a result, you'll gain the most benefit from it. Endorphins are our built-in-feel-good system. It's all a matter of feeling good-naturally.

