

SUMMER

CAMP 2023



**Improve your
physical wellness!**

Explore the effects of sport and nutrition on your health.



Physical activity and nutrition

Reduced muscle tension, sleep, listening and relationship to our body... The benefits of physical activity and our diet on our health are numerous.

However, if you've followed our featured content, you may still have a question: how can you free yourself from constraints and put this advice into practice?

On this page, we have come up with a few tips on how to improve your physical fitness to your heart's content!

"One must work with time and not against it." – Ursula K. Le Guin

Finding time for yourself is not always easy. Fortunately, 15 minutes a day is enough to do a few cardio or muscle-strengthening exercises. Whether it is sheathing, walking or yoga, even in a short space of time you can feel the benefits of physical activity.

And remember, you can work your body even when you are sitting down!

Abdominal contraction, activating lumbar mobility, strengthening hamstring muscles with or without elastic bands... The possibilities are endless.

Small space? Stretch the walls!

Balcony, terrace, living room, garden, around the block... Every nook and cranny is within your reach! You do not have to go to the gym, and you can do lots of exercises on a single mat.

Are free weights or machines mandatory?

You do not have to use heavy weights or machines to exercise; bodyweight exercises are just fine. However, if you want to do specific exercises or add difficulty, you can invest in elastic bands, kettlebells or dumbbells.

Note that you do not have to do intense sport to get results, whether physical or psychological; a simple walk or stroll is perfectly fine.

After all, the best sport is the one that suits you! Having fun is also essential for discipline.

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Fill-in-the-blanks exercise

Find the missing words to complete the sentences.

endorphins - breathing - eight - cortisol - antioxidants - seven - nutritional needs - isotonic - mental - flexibility

1 .

Regular physical activity is essential for maintaining good physical and _____ health. It helps us to strengthen our muscles, improve our endurance, protect our joints and maintain a healthy heart. What's more, sport is an excellent way of reducing our levels of _____ (the stress hormone) and encouraging the production of _____, the hormones that give us a feeling of well-being.

2 .

Intuitive eating is a concept that encourages us to listen to our bodies and respond to our _____. It's about reconnecting with our food sensations so that we can eat consciously, in line with our true needs.

3 .

Quality sleep is essential for a balanced life. While we sleep, our bodies regenerate and prepare for the new day. It is recommended that you get around _____ to _____ hours' sleep a night to ensure optimum recovery.

4 .

Yoga and stretching are practices that help us maintain good _____ and improve our posture. Yoga combines physical postures, _____ exercises and meditation to strengthen the body and calm the mind.

5 .

Nutrition also plays a key role in our overall well-being. A balanced and varied diet, rich in essential nutrients such as vitamins, minerals and _____, is essential for maintaining a healthy, energetic body.

A word of warning: with the sun shining, don't forget to keep well hydrated! When we sweat, our body loses water, which can lead to rapid dehydration. So it's vital to drink regularly, even before you feel thirsty. Choose cool water, _____ drinks or natural fruit juices to restore your body's water balance.

Réponses : 1. mental - cortisol - endorphins / 2. nutritional needs / 3. seven - eight / 4. flexibility - breathing / 5. antioxidants - isotonic

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Sport, endorphins and serenity!

In a nutshell...

Regular physical activity and good nutrition have significant benefits for the mind, physical health and sleep.

It promotes better mental health by reducing stress and anxiety, improves self-confidence and even helps you manage your emotions!

In terms of physical health, it strengthens muscles and bones, and prevents chronic, cardiovascular and degenerative diseases.

What's more, it improves sleep quality by promoting deeper, more restful sleep.
A real therapy, effective at any age and at any level!

Just pure happiness!

Sport is the physical activity that releases the most endorphins, both during and several hours after exercise.

What if you could put your negative emotions and feelings to sleep? That is precisely what sport can do, thanks to its anxiolytic benefits. Regular sportsmen and women are less stressed than non-sportsmen and women. And that's not all! Thanks to their analgesic effects, the release of endorphins raises the pain threshold for 4 hours after secretion.

In addition to endorphins, practising sport also stimulates the brain region linked to reward, leading to the release of dopamine, a hormone associated with pleasure, in the brain.

And if playing a team sport stimulates you more, you can develop a range of skills such as self-confidence and confidence in others, coordination and team spirit.

So... What are you waiting for to put on your sneakers?

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