

Recent study shows mind-body connection important in exercise

by *Bend_Weekly_News_Sources*

A recent study by Harvard researchers (Psychological Science, February 2007) found that people who believe their daily activities are giving them a good workout gain more benefits from those activities. Study participants who were informed that their work was exercise and enough to maintain a healthy lifestyle were in better shape after four weeks than their peers who were not given the same information. The informed group lost weight, lowered blood pressure, and reduced body fat percentage. The study supports the idea that the mind plays a key role in achieving results from exercise. James Villepigue, author of the bestselling *Body Sculpting Bibles* and the upcoming *Mind Over Muscle* (Hatherleigh Press) teaches the importance of the mind in exercise. He says, "Your mind is most likely the one thing holding you back from the body of your dreams. The mind/body connection is powerful. If you redirect your thoughts and feelings about what you truly want, then dreams become reality." As a young man, James struggled with his weight. Now, a respected fitness trainer, life-coach, and author, James emphasizes focus and visualization for optimum results. "It's not unusual to go to a gym and see people just going through the motions," he says. "Creating a mind-to-muscle connection gives you an increased level of isolation and stimulation each time you perform an exercise. Your results will be astonishing." James Villepigue is an ISSA Certified Personal Trainer, Life Counselor, and fitness expert who has been active in health and fitness for the past fifteen years. He lives on Long Island, NY.

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