

Vibetracker.com

Raise Your Vibration

Masterclass

# Video 18: How to Incorporate Sports into your Daily Life

I hope that after watching the videos above, you understand why it's beneficial to move your body every day, even if it's just for fifteen minutes.

But we're all busy. So how do we fit exercise into our routine?

That's what I want to talk about in this video.

What I personally do is combine my good habits as much as possible.

Science clearly shows that it's important for the human body to be outside for at least 30 minutes every day, in fresh air, in the sun, or at least in daylight, to produce vitamin D. And if it's spring or summer, ideally also barefoot to ground yourself.

So the ideal routine, for example, is to go outside in the morning, if possible within a few hours of waking up, to a grassy field or the beach to get fresh air, daylight, or sunlight for 30 minutes, and to do some exercises.

Barefoot, so that free radicals and toxins can be released into the earth.

That way, you combine everything at once. And I like to do this on the days I practice my flow exercises—my Tai Chi and Qigong exercises. I do yoga on a mat, but often outdoors as well. And I have my own small fitness space, which is indoors.

If you have the choice between working out indoors or outdoors, you always want to choose outdoors. Simply because this is how our body functions best.

The more you stack these kinds of habits, the better you'll feel.

For example, when you do these exercises in the morning, you feel better. You start producing growth hormones and serotonin, which in the evening help your body produce melatonin, allowing you to sleep better.

As a result, you wake up well-rested, have more energy throughout the day, and find it easier to eat healthily. Doing Tai Chi barefoot reduces inflammation, Qigong helps heal your body, which in turn helps you sleep better.

And in this way, you enter an upward spiral that makes you feel better and better.

The longer you do this, the better the results, and the easier it becomes... And that's when you know your vibration is rising.

Once again, I hope these modules are valuable to you, and that you understand that small things, like doing masculine and feminine exercises, are exactly the kind of wisdom you've been looking for and can make a big difference in your life.

I look forward to speaking with you tomorrow in the module about energy.