



Get Fit. **Life Tip.** **Anxiety**

Anxiety is defined as an unpleasant emotional state. It is estimated that 68% of American suffer from anxiety, although not all are diagnosed or seeking treatment. Studies have shown that small amounts of anxiety are healthy and normal, however high levels could lead to serious long-term issues.

Symptoms related to anxiety can be a variety of things such as heart palpitations, gasping for air, hyperventilating, muscle tension (back and neck), muscle spasms, etc. In severe cases excessive sweating, dryness of mouth, dizziness and symptoms of irritable bowel syndrome are present. Although medication is available to reduce anxiety, it is not always the best solution and can sometime have a negative impact on your health, organs and well being. The good news is that our day to day lifestyle decisions impact our emotional state of mind, so try some of these natural ways which may reduce anxiety:

- Eliminate caffeine, alcohol and sugar intake
- Identify and control food allergies
- Practice deep breathing and meditation
- Exercise on a regular basis
- Take flaxseed oil daily
- Eating a well balanced diet rich in vitamins and nutrients

Sign up for the Ultimate Get Fit Ass Whipped Bootcamp before 7/15/10 and SAVE!

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