Release, Refresh, Reset

(NAPSA)—You don't have to let a busy schedule break your healthy stride or keep you from crushing your goals. You can regroup on your approach instead. By incorporating these three ways to release, refresh and reset, you can still make health a priority.

1. Release Your Mind by Escaping into Nature. Getting out into nature gives you the space and peace to release the things that bog you down. Escape the rush. Try camping in the wilderness or taking a scenic hike. Studies show that surrounding yourself with nature can have positive effects on mental health. Ditch the office and try working outdoors at a picnic table or on a blanket in the grass. Wherever you go, whatever you do, sit back and breathe in the fresh air.

2. Refresh Your Exercise Routine with New Moves. Inspiration derives from new experiences, which is why exercise physiologist and Bowflex fitness advisor Tom Holland recommends mixing up your daily workout routine. "Give yourself the opportunity to explore and challenge yourself in new ways," suggests Holland. Try a new workout program, or an exercise machine that moves you in new ways, such as the breakthrough Bowflex LateralX (www.bowflex.com/lateralx) cardio machine. It strengthens and activates muscles with side-to-side, push-and-pull and stand-and-squat motions that target the arms, back, hips and core, as well as common trouble

Add new moves to your exercise routine with the Bowflex LateralX full-body cardio machine.

spots including glutes, hamstrings and quads. By moving in all directions, you mimic everyday activities such as yard work, housecleaning or chasing after your kids. It's a new and exciting workout that can keep you motivated.

3. Reset Your Soul with Time for Yourself. In addition to carving out time for fitness, you need to make time for yourself. Creating positive energy in a chaotic world can be challenging but it's important for overall health and well-being. You don't have to be a yogi to meditate. Experts say to start small—try focusing for 10 minutes a day in a quiet place and don't get frustrated if your mind wanders. It takes practice but the benefits are worth the investment. You may find you're more calm and productive and you sleep better. Whatever helps you reset, create time in your schedule and act on it. You owe it to yourself.