

The Benefits of Good Health And Regular Exercise

Book 1



By Debbie Nicholson

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Foreword

Benefits of Good Health and Regular Exercise

By Debbie Nicholson

Hmmmmm, I don't know about you but this is the best deal you can get. Debbie Nicholson has given us all expansive information on a platter of Gold, which you wouldn't just get so easily.

Maintaining good health as a working class gentleman or lady doesn't come by so easily but the idea in this book is the real deal! Releasing that stress, frustration, anger and even venom from your heart that you've accumulated over time at your place of work is one of the best ways to stay healthy.

Her idea of boxing is quite hilarious but after a few thoughts and practice I came to agree with her and to tell anyone who cares to listen that this is the best and result producing idea for good health on the planet right now.

Get this book, devour it, and practice it and You Would Be **Great!**

Doris George

CEO Emerald Foundation Africa

Preface

Like many of us we are always conscious of our health and as we age the aches and pains seem to come more often along with the visits to the doctor, hospital and lab testing.

Not fun this growing older business, not fun at all.

Because we have had such dramatic scares with Keith's health this past 2 years, we are more than conscious and so when I come across something interesting involving health and exercise issues, I like to look through it to see if there is any information that might be useful for us.

Well the other day our local newspaper published something along similar thinking threads and there were one or two articles that I became quite absorbed in, therefore I thought it would be great to share them with you all because I care about each and every one of you as well.

I truly consider each and every one of you readers a member of my own family.

I had never thought of Boxing as being anything but a rip-up-your-face-and-knock-your-brains-apart sport and therefore it had never occurred to me that it might be a helpful sport that could benefit me in an office situation.

Let's face it, we all sit at our computers all day - at tables, desks, with computers on our laps, in our beds and on our couches - all of us one on one usually with no one to talk to except our pets (should we have any) and to chat frequently with our online friends only raising ourselves up from our comfort zones to use bathroom facilities and to feed ourselves when we get hungry enough.

Isn't that the same environment we would endure in an office situation, except that the scenario would more likely be where we would be trapped inside a cubicle each, perhaps with the occasional head popping over the top of the partition to bark out orders to us.

That is how I would envisage an office job to be nowadays anyway, because most jobs I ever had involved large rooms filled with other workers at open space desks. I come from a different era than you all – well I think I do anyway! Feel free to correct me if I am wrong!!!

Anyway, I came across this article that said that training as a Boxer would definitely be helpful to me were I in an office routine.

"How?" I wondered to myself and got to reading through the paragraphs to enlighten my inquiring mind.....

Once again, thank you for downloading this book in My Benefits of Good Health And Regular Exercise Series, and I hope you find other topics of interest to you as the Series grows.

Watch out for more from me in other areas.

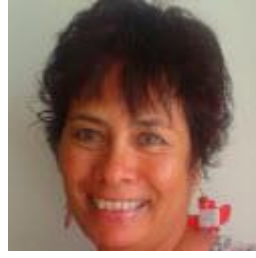
As usual, my email address for correspondence, criticisms or just some love from you is

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Kindest regards

Debbie Nicholson

30 March 2016



All of them are Me.

Chapter One :

Helpful For Stress Relief

Do you have a boss who drives you crazy not just by his/her habits, but also with that incessant screaming, ordering about, unrealistic deadlines and the list goes on?

On a more personal level, are you having problems closing that all important deal?

You have reached the end of your tether and it is high time to let off some steam! Did you know that stress is a silent killer and too much of it will take you away from here just as quickly as saying it, if you allow it to take over your mental health.

What are the alternatives?

One such option would be to find out where there might be some lunch time boxing classes in the area where you work!!

By participating in such classes, it is highly likely that your *frustration will melt away*; you could *shake off the pent up anger*; *remove the anxiety* out of your life; and *relieve yourself from the stress and grief* causing you all of those aches and pains that you have suffered perhaps for years and didn't know where they came from.

A lunchtime boxing class offers the safety of a controlled environment where you can even yell at the top of your lungs if you want to – wouldn't that be great to let out that scream that often rises to the surface when you are at work!!!

Tension release!!!

Physical interaction with others!!!

Unity as a team!!!

Professional support both physically and mentally!!!

All of these attributes is what is needed when one is very close to the edge.

Chapter 2

An Obvious Increase In Energy Levels.

Try something completely out of character!! Fit yourself out with a pair of Boxing Gloves – and experience first-hand an endorphin rush you never dreamed you could have!

Now isn't that better than eating junk food for lunch and giving yourself a caffeine high or worse still - a teetering feeling from indulging in too much alcohol leaving yourself open to huge stress levels just to get you through - *past that 3pm slump?*

Previously unknown to many and probably never explored before, many trainers are finding that *boxing adds enormous benefits* and provides an adrenalin rush far above the usual methods of exercise.

Their clients return to their places of work with far more energy and self-esteem and trainers can only imagine a greater success in their client's work goals because they have now been loosened up in their thinking processes as well as their physique.

Chapter 3

Sharpening Up Those Concentration Skills

One thing I would advise you not to do and that would be to allow yourself to start daydreaming while you are active in a boxing class.

Guess what!!!

The damage that can be done to you could be quite serious!!! Apart from perhaps losing a tooth from a well aimed punch by your sparring partner, you can also be attacked by the gym equipment as well – like for instance the heavy bag that takes your punch but quickly returns to its standing position they are quite heavy!!!

At all times, it is requisite that you *be constantly aware* of your surroundings and *totally focused* on what you are doing. Now this creates a habit with you and soon becomes the norm – extending into your work ethic without you even realising it!!

Admittedly at work, you are not going to be threatened by a boxing bag toppling you out of your chair, however, *taking the initiative* in a given situation when previously you might have just stood by and let someone else lead the way will be noticed by those with whom you work!

On the other hand a situation might develop that only you notice where up till now you couldn't have cared two hoots about such things.

The *discipline of the mind* during boxing training enables you to become more aware, more able to reach out and pick up on finer details, giving your subconscious far-reaching duties that it is actually designed to carry out when one allows it to take charge.

Chapter 4

Meeting Personal Challenges

There is a difference between being a Champion Boxer and Boxing for Fitness.

Fighting one's way up the ladder can be ruthless, unfeeling and bring about the worst in you which contributes to stress levels getting way out of hand. Often what is motivating you to become this whole different person is what is driving you to be just so.

Let's hope that during your ladder climbing you *leave the attitude at the office* before you leave and not take it home to that gentle loving environment waiting for you at the end of a sometimes very long car journey. A car journey where perhaps you have only yourself to deal with and in such a situation can sometimes increase anxiety as thoughts of "**what if**" during the long solitary hours of the drive home invade the way in which you would normally handle a tough situation.

Let's hope that seeing as you haven't been able to leave the attitude at the office, that you *squash it in your footsteps* from the car to the door of your peaceful home.

Too often your family suffer if you take it through the door into the inside of your home.

A person on the edge, unfortunately, will lash out at the first person they meet - and who is that? - A child? Your wife? A pet?

In order to leave "stuff" (and "stuff" is all it is) - takes a **BIG** person with **BIG** self-control to unwind in an instant otherwise the consequences of what is bothering you at work becomes the sad reality of a broken home with broken minds and sometimes broken physical bodies and most certainly the loss of what we all crave for and that is *to be loved and to love in return*.

I am not kidding when I speak about all of this and describe this potential scene.

And thank me please for opening your mind to a way in which you can easily overcome this dreadful, brutal scenario.

A Champion Boxer is constantly getting to know his opponent from the time that an announcement is made that the two of you are to come together at some point in the future. They size one another up outside of the arena and prepare their minds against each other before

the actual day of the match. Their only thought is to **WIN** no matter what it takes.

Much like at work, in order to climb to the highest peak to **WIN** no matter what it takes is first and foremost in your mind every single minute of the day – sometimes leading to disastrous consequences emotionally.

Only at work it is not a game.

It is a matter of survival – to be able to bring home ultimate cash and prestige.

Sometimes I have seen it involve kicking off the ladder those below you as you climb.

I cringe at those memories because that attitude can only lead to more trouble. Isn't it better to do your best to *keep the friendship* of those you pass on the way up the ladder because sometimes, just sometimes, those are the very people you are going to encounter again as you tumble back down again.

Playing dirty will eventually come back to you like a ripple in a pond – *“as you sow, so shall ye reap.”*

Now boxing for fitness is a totally different game although the psychology behind it is the same.

Here the opponent is you and your inner self.

The competition is between you and you.

The ladder climbing is really just stepping out of your comfort zone again and again until you have reached a better you.

What is offered at the boxing gym when you are boxing for fitness is trust and respect, etiquette and sportsmanship.

What you get out of a boxing gym is decorum and politeness, confidence and trust, admiration and respect, observance of the rules of playing fair, and developing graciousness in losing.

Boxing for fitness fosters competition against you and you only – resulting in the firm belief that *you can beat the person you were yesterday.*

Chapter 5
Being Assertive

One needs an *unwavering conviction to learn* to hit something, let alone punch something or someone. It is not usually in our natures to do so, therefore to shift your paradigm to this type of technique is going to take a great deal of thought and planning on your part.

Learning to act fast and to make quick decisions may not be on your current agenda – your self-esteem has probably taken the back foot for a long period of time before you found this book to read and realise that you could make good use of this type of interaction with others without being a professional boxer of sorts!!

So the first thing you have to know when you decide “I’m going to do this!!” is to *put yourself into the mindset* that is needed to bring yourself out of your comfort zone and physically into an arena.

Mind you, all the others in the class probably are in the same boat so there is no need for embarrassment on your part and really it is only going to be for the first lesson that you will feel inadequate anyway. Because after that first lesson, you will have been coached by *an apt trainer who knows your situation* and therefore, he knows it is his job to bring your inner self back into the

world of real life. That's why it is so important to open up to your trainer during those first interviews – he is just trying to get to know where and if you are hurting.

You have hidden it for so long for so many reasons – it just needs a little coaxing and you will soon be *the person you were born to be*.

The art of boxing educates you in this way - *to act and react as fast as your mind and body will allow you* – because once all the preliminaries are out of the way, your need to act swiftly and make quick decisions is going to be your priority in order that you may avoid being hit and to be aware and alert as to what is your natural strength in such a situation.

Being assertive is, in the end, one of our core communication skills.

In order to express yourself effectively in the arena and showing the world that **YOU ARE** – at the same time making sure that you do respect the rights, actions and beliefs of others will so boost your self-esteem and eventually earn the respect of all others around you in any situation.

In order to be assertive in the arena you need to have the confidence to motivate others – trainers plan the pairing up of opponents who they know will work together as a pair to help encourage and to push the one they are paired against. As you get better at sizing up your opponent, the analyst inside you gets faster at deciding whether the next move would be better to step up and attack or to keep your gloves in a position of defense.

In your own professional work environment this skill you are learning in the arena will help you manage situations as they arise at work.

This skill will open your eyes to a different approach than that which you have used up until this learning curve has been forced upon you.

Chapter 6

Developing Your Skills

Boxing bags are there for you to take your revenge out on when you first start this programme during your lunch hour. Eventually though, you will come to the realisation that there is actually more to sparring than just with that boxing bag.

With much practice (because I am not going to say that this is going to happen on one visit) – you will come to understand that boxing is a definite skill that requires small adjustments in order to achieve the best possible performance you can muster from within yourself.

This fine tuning will take a while because *practice makes perfect*.

You didn't learn your bad habits overnight – they crept up on you in very small increments until suddenly you became a *victim of overwhelm* in your personal situation.

Well now, we have the chance and the opportunity to bring yourself back to **YOU**. The **YOU** that was happy with your situation at one time in the far past.

*So this is why we are working on **YOU** right now.*

If you have ever been to a boxing match you will see that there are very special movements that go on between the sparring partners. Maybe you have never noticed this before, but now that you are yourself participating in the sport, your eyes and mind will pick up what actually goes on behind the scenes in each move.

There is precision in each movement.

Hard work and consistency is what is required here just as in any situation with which you are involved.

You need to leave something at the door when you come in and what is that?

Your exaggerated sense of self-importance – your personal feelings of superiority to others – in other words - **your ego**.

When you step through that door – your thinking should put you in the same frame of mind as a little child when they decide they have had enough of floor crawling and want to share the world of standing up and moving around with those **BIG** people up there!!

Here, you do **NOT** know everything.

Here, you **CANNOT** go about with your eyes closed because *you think you know* what move to make next.

Here, you **CANNOT** ignore each learning moment as if it is something you already knew before.

Pace yourself.

Take small steps and allow yourself to be humble.

You are starting out on a new adventure.

Let yourself let go and begin from the beginning.

And remember that each time you accomplish something that is different to what you knew a second ago, take those memories of how you felt once you stepped over the boundaries of mystery and it became familiar to you - take those precious moments of **new self** back to your place of work and let those moments of inner glory guide you through the potential problems that will no doubt arise when you get back to your

comfort zone at work.

Others will notice your new interaction – *never fear*.

And they will come to like the new **YOU** much better and afford you the respect that you somehow had lost on the way to this point in your life.

Chapter 7

An Improved Physique

Boxing is not to be taken lightly.

It is a place of improvement in all areas, not just your mental state and health.

When followed correctly you will most likely experience some weight loss – probably much needed if before this you used to hit the *junk food and alcohol or caffeine drinks* in your lunch hour.

You will most likely *gain speed* not only in your physical body's metabolism and movement, but also in your ability to come to quicker decisions.

You are probably going to *develop a strength* not previously enjoyed – both physically and mentally – your emotional outlook is going to *increase in strength* as well.

Your natural movements are going to *become quicker*, you are going to *become more alert* as to the surrounding “dangers” that were there before you changed your lunchtime activities. Your responsiveness to such “dangers” will *show energy* and more *careful thinking* as to possible solutions, whereas before this change in you,

you probably jumped the gun and made more of a fool of yourself in the long run.

This is not going to happen anymore.

You are *going to benefit* so much from regular classes in the boxing gym.

You will *become more aware* of your body and *become familiar* with all the intricate pieces of it and the importance of these pieces that previously meant nothing to you.

You are going to be GREAT!!

Other Books By Debbie Nicholson

Email stories4debbie@gmail.com

Life Happens Series

The Pink Book Series

Things I Don't Know Series

99c Buried Treasure Series

General Books

Spanish Translations

1st Book of The Grandparents Trilogy

My Small Friends Series

Mal's Adventure Series

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