

BENEFITS OF EXERCISE, DIET, AND SLEEP FOR IMPROVED HEALTH



Simple tips for improving your health,
provided in an easy-to-read format.

CONTENTS	
TOPIC	PAGE
Thank You	1
Exercise Benefits	2
Diet Benefits	7
Sleep Benefits	11

SB SOX

Next Level Compression.



www.sbsox.com



info@sbsox.com



facebook.com/sbsox1



instagram.com/sbsox1



twitter.com/sbsox1

Thank You

We just wanted to thank you for purchasing our compression socks. Since our passion is health and fitness, we strive to help you achieve your goals with a product that you can trust and depend on.

As a token of our appreciation, this e-book is written to help our customers take advantage of (1) exercise, (2) diet, and (3) sleep for improved health. Our goal is to quickly deliver the key points of this e-book in a simple, easy-to-read format.

As we grow our business, we hope that you stay connected with us for future promotions, new product releases, and beneficial, regularly updated content.

Also, we highly encourage our customers to provide reviews and feedback, which will allow us to optimize our product and customer service to meet your needs.

We hope that you enjoy reading this e-book!

Thanks again,

The SB SOX Team

Exercise Benefits

Exercise is one of the best ways to feel better and gain health benefits – not to mention having fun. The American Heart Association recommends at least 150-minutes of moderate activity each week. An easy way to remember this is 30 minutes at least 5 days a week, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. There a variety of resources available online to help you determine which types of exercise are best to meet your goals.

Here are the 23 benefits of exercise:

1. It boosts happiness and can serve as an antidepressant.

Being depressed can make everything in life a little bit harder. Studies have indicated that exercise may help alleviate the symptoms of people who suffer from depression and may even serve as an alternative to medication. Additionally, exercise helps release endorphins, which create feelings of euphoria and happiness.

2. It reduces stress and anxiety.

Stress and anxiety are present in everyday life. Exercise can play a big role in relieving and managing stress and anxiety. Also, exercise increases concentrations of norepinephrine, which is a chemical that moderates the brain's response to stress. Exercise is also known to reduce cortisol (stress hormone).

3. It helps resist temptation and helps control addiction.

Exercise potentially can help resist the temptation and control addiction to various substances. Studies have indicated that exercise acts on the same neural pathways as addictive substances. Also, exercise can serve a mechanism for addiction distraction and potential recovery.

4. It improves self-confidence and self-esteem.

Exercise can improve self-esteem and provide a positive self-image, which may increase confidence. Studies have indicated that people who exercise may have decreased negative thoughts about their bodies – which may boost confidence in other aspects of life.

5. It boosts creativity.

Studies have indicated that walking improved both convergent and divergent thinking, the two types of thinking associated with improved creativity. Exercise helps refresh the body and the brain at the same time.

6. It sharpens memory and improves brainpower.

Regular physical activity can boost memory and ability to learn new things. Studies have indicated that exercise may help increase production of cells responsible for learning and memory. Also, studies on exercise have indicated that fitness may also help prevent the cognitive decline as we age.

7. It boosts energy.

Exercise helps improve muscle strength and endurance, and delivers oxygen and nutrients to muscle tissues. Also, exercise helps the cardiovascular system work more efficiently – which helps improve energy.

8. It helps you respect for your body.

Over time, achieving various fitness goals helps people generally respect their body more. And depending on the progress made, helps build gratitude for achievements and the hard work put in to make the progress.

9. It controls weight.

Exercise can help prevent excess weight gain or help maintain weight loss due to potential calories burned. And with the higher the intensity of the exercise, the more calories are burned.

10.It combats health conditions and diseases.

Exercise helps boost high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This improves blood circulation, which decreases your risk of cardiovascular diseases. Exercise is also believed to help manage a variety of health problems and concerns.

11.It reduces allergies.

Researchers have reported that running can help reduce runny nose, sneezing, congestion, and itching by up to 90 percent.

12.It strengthens your heart.

As reported by the American Heart Association, exercise strengthens your heart muscle as well as reduces your risk of heart disease and other related conditions.

13.It protects your eyesight.

Recent research indicates that exercise may help protect your eyes and avoid age-related vision loss. Especially useful for those whose lives consist of spending time on computer for several hours per day.

14.It reduces PMS.

Studies have indicated that exercise helps reduce PMS and associated symptoms, including depression and anger – so much that researchers have recommended that exercise to reduce PMS symptoms.

15.It helps you feel more productive.

Feeling a little bit uninspired at work? Try taking a walk. Research indicates that people who exercise on a regular basis are more productive than their peers.

16.It improves quality of life.

Based on recent studies, it is reported that people who exercise feel happier, more excited, and more enthusiastic in life.

17. It adds years to your life.

People who exercise live longer. Very profound statement. But research has shown this to be true.

18. It strengthens bones.

Bone density helps us maintain a strong and mobile body. A great way to build bone density is through weight-bearing exercise. Researchers have discovered that adults who exercise moderately or intensely have better increased bone density than those who do not exercise.

19. It manages chronic pain.

Research shows that moderate exercise gives both short-term and long-term results for improving potential chronic pain, even if the main chronic condition remains.

20. It saves money.

Gym memberships or investing in your own home equipment may be expensive now – but money spent now on preventative health saves more money in future healthcare costs.

21. It helps improve sleep.

Regular exercise can help you fall asleep faster and deepen your sleep. But the key is to not exercise too close to bedtime, or you could have too much energy to fall asleep.

22. It helps inspires others around you.

People in your circle of family and friends do not take notice if you start to or increase intensity of exercise. Sometimes, if the goal is to gain muscle or lose weight, the results speak for themselves. The results of your exercise program may help inspire, motivate, and encourage others around you to start exercising.

23. It helps take advantage of the great outdoors.

Exercise can also be performed outdoors, which may heighten the overall effects of self-esteem and self-appreciation, along with the appreciation of the outdoors.

The bottom line on exercise:

Exercise is one of the best ways to feel better and gain health benefits – not to mention having fun. In general, aim for at least 30 minutes of exercise or physical activity every day. If you are not used to exercise and have any medical conditions, please check with your doctor.

Diet Benefits

A balanced, nutritional diet is another great way to improve your health. Just like exercise, improving your diet takes time – so try to set goals that you have a good chance of reaching, such as making small diet changes in your daily life.

Here are the 18 benefits of a healthy diet:

1. It boosts happiness and can serve as an antidepressant.

There is a connection between treating your body well and living your best life. Take care of your health, do your research, and gain confidence and self-knowledge in all aspects of your life.

2. It helps you feel calmer, happier, and more energetic.

Studies have shown that a healthy intake of fruits and vegetables helps people feel calmer, more energetic, and happier. Data has shown that these positive feelings were a direct result of increased fruits and vegetables.

3. It helps improve cognitive abilities.

A diet rich in protein, anti-oxidants, and healthy fats is known to increase cognitive capacity and prevent memory loss later in life.

4. It helps protect your bones.

Eating a healthy diet full of calcium, vitamin C, and folic acid supports your skeleton, preventing osteoporosis and fractures in later life.

5. It helps improve fertility.

Studies have linked healthy diets to increased fertility for both men and women. Something to consider if you are planning on having kids.

6. It helps improve cramps.

Studies have shown that the increased fiber in fruits and vegetables helps decreasing bloating and magnesium-rich foods prevent cramps. Combine these two and there is a definitely a chance to decrease cramps.

7. It helps improve the immune system.

Studies have linked increased fruit and vegetable intake to decrease sickness. This shows that fruit and vegetables can help improve your immune system.

8. It helps relieve stomach issues.

A diet rich in probiotics will help improve various stomach issues, including pain, bloating, diarrhea, etc. Studies have shown that probiotics help improve the health of the gut.

9. It helps improve skin.

Eating the right foods will help improve rosacea and acne. Breakouts of rosacea and acne have been attributed to consumption of processed grains, dairy, and foods with sugar. It's always best to do a little research and see what works best for yourself.

10. It can help improve your DNA.

Recent studies indicate that eating a healthy diet over time can help turn "bad" DNA into "good" DNA.

11. It helps improve your workouts.

Diet is the other key component besides exercise for reaping the benefits of your workouts. Exercise helps break your muscles down. Diet helps repair them. Healthy foods support the recovery and growth process.

12. It helps soothe sore muscles.

Studies have shown that muscle recovery/soreness after a workout can be affected by what you eat. The key to muscle recovery is consuming protein.

13. It helps improve your cardiovascular condition.

Studies have shown that various diets have resulted in an increase in endurance, tolerance of exercise, and improved cardiovascular health for people. So why not try to improve your diet?

14. It helps with relaxation.

Certain foods can help relax you. Particularly, studies have shown that a certain component called “tryptophan” (found in turkey, oats, dried fruit, eggs, dark chocolate) helps with relaxation and anxiety.

15. It helps prevent insomnia.

Insomnia is a common complaint people have about their health. Various studies have shown that different food products help aid in sleep.

16. It helps give you energy.

Next time you need energy, skip the energy drinks or caffeine. Try a protein shake that provides carbs and protein to help increase performance and help with recovery.

17. It helps reduce junk food cravings.

Studies have shown that the healthier breakfast you eat, the less likely you will crave junk food later in the day. Researchers believe that healthy, protein-packed breakfasts help increase dopamine levels in the brain.

18. It saves money in the long run.

Sure, the cost of an improved diet with healthy items may appear to be costlier than the unhealthy alternative in the short term.

But in the long run? Researchers believe you still come out way ahead due to the cost savings of preventing long-term health problems.

The bottom line on diet:

Diet is one of the best ways to feel better and gain health benefits. We recommend trying to improve your diet one step at a time with smaller goals. Over time, the small progress adds up to be a lot.

Sleep Benefits

What is the difference between getting enough sleep and not enough sleep? Experts say it could be just one hour. Sleep is a very underrated factor in achieving improved health.

Here are 10 benefits of why we should be sleeping more:

1. It helps improve health.

Studies have indicated that there is a link between health problems and insufficient sleep. Granted, the effects of poor sleep may take years to notice. But getting proper sleep will definitely avoid long-term health issues.

2. It helps strengthen immune system.

I think we all have dealt with getting a cold after a few consecutive days of poor sleep. Lack of sleep can suppress your immune system, which makes you more vulnerable to infections.

3. It helps decrease risk of injury.

Studies indicate that a certain percentage of auto accidents can be linked to drowsy driving. Which makes sense. It is tough to be fully aware of your surroundings when you are sleepy and drowsy. And this does not only apply to driving – can be applied to other routine activities – household/handy work, cooking, etc.

4. It helps decrease pain.

If you are suffering from an injury or pain, getting enough sleep will allow your body to heal properly. Also, studies have linked sleep loss to a lower pain threshold. And on the flip side, being in pain can make it hard to sleep.

5. It helps improve athletic performance.

Sleeping well may even improve athletic performance, according to various studies. Being well rested also helps with reaction times and avoiding the sluggish feeling.

6. It helps improve your mood.

Plenty of sleep will not guarantee that you will be happy. But you may have noticed that when you are exhausted, you are more likely to be cranky with others.

7. It helps improve thinking ability.

Not having enough sleep may impair your ability to think properly, including your attention span, decision-making, and your cognition. We all experienced sleep deprivation at some point in our lives – it definitely helps us not feel at 100%.

8. It helps improve intimacy.

Being too tired can definitely be a factor in lacking intimacy in a relationship. Also, studies have shown that impaired sleep can be associated with lower testosterone levels for men.

9. It may help control weight.

Sleep itself will not help control weight – but the behavioral effects of sleep play a factor. If you are very tired, you may not have the energy to perform activities (healthy cooking/eating and fitness/exercise) that would help control weight.

10. It helps reduce facial blemishes.

Sleep deprivation has been linked to more outbreaks of facial blemishes. Sleep helps the body's ability to repair and defend itself. Blemishes including acne and rosacea, among other types of skin issues, have been linked to decreased sleep.

The bottom line on sleep:

Exercise and diet are typically considered the best ways to improve your health. But as more research is performed, studies have linked sleep as another key factor in improving health.
