

q exercise: EVEN THE EASTER BUNNY MAKES TIME TO EGGS-ERCISE

Holidays, family time and best of all – chocolate! Easter is a fun-filled time of year for many, but it can also be easy to break routine and stop exercise with all the distractions.

ESSA is challenging people to find a way to move over this Easter break – maybe go on a bike ride, explore on a hike up your nearest mountain or go for a swim at the beach, catching the last of summer.

When physically exerting ourselves, we increase our insulin sensitivity. This in turn means that our body uses less insulin to absorb the sugar we consume, keeping our bloody sugar levels in check, making us more energetic and curbing the chocolate cravings.

“Whilst you shouldn't feel guilty for treating yourself every now and again – it's important to make sure you keep moving” commented Anita Hobson-Powell.

“Having four days off in a row is the perfect time to take advantage of being off work with family and friends and move your body. You won't feel as guilty when you treat yourself to some chocolate!”

Easter is also a time people can re-introduce small amounts of exercise into our lives if their New Years' resolution had paused, or even re-evaluate health and fitness goals. The same as we naturally find any excuse to treat ourselves, we should do the same with exercise.

“Moving your body, even as simply as a morning walk, keeps your body and mind active and healthy. The statement “something is better than nothing” is important to remember over this holiday period.” Anita shared.

At ESSA they love a chocolate bunny as much as the next person, so we're not saying to avoid the deliciously sugary food altogether, but everything in moderation.

A journal [Medicine & Science in Sports & Exercise](#) found that that the negative effects of extra fructose, sucrose and glucose were significantly less detrimental when participants exercised more.

Over indulgence in foods with added sugars can lead to weight gain, diabetes, obesity, heart disease and other chronic conditions, and exercise helps reduce your risk of these.

This Easter, balance the scales with some movement for every indulgence and use it to kick start your exercise routine again once the holiday is passed.

