

Healthy Habits

from Prime of Life Fitness

Keeping Your Fitness Horizon in Sight

Next time you go for a walk or a run as part of your fitness program, make a point of keeping your gaze trained on the horizon, the place where the sky meets the land. This simple technique will yield three important results:

1. When you keep your eyes raised to the horizon, you keep your head raised and your chin parallel to the ground. This naturally aligns your head over your shoulders and relieves pressure on your spine. Raising your gaze naturally lifts your posture, while gazing just in front of your feet trains your body to move in a slouch.
2. With your eyes and head raised, your shoulders now have room to roll back allowing your chest to expand as your lungs inhale. The simple act of looking at the horizon allows you to breathe deeply and provide your cells with the oxygen they need.
3. A view of the horizon reminds you that your fitness journey is about more than just today's workout. It's about making healthy choices every day for the rest of your life, as long as your journey lasts.



Taking the long view of your fitness journey will help you navigate the inevitable ups and downs, and you'll see potential obstacles before they're right under foot.

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The [Prime of Life Fitness Facebook page](#) is a great place to meet and cheer on other awesome people like you who are pursuing their fitness journeys in the prime of their life. Please check it out, give us a "like," and share your favorite tips with your friends.



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