

The Power of a Workout

Aggie Cersosimo

I used to hate to work out. I have always wanted to be athletic and strong, but I have found it very difficult to motivate myself. When I used to think of sports, my mind always went directly to hard work, soreness, sweat, pain, and the general unpleasantness of it all. I hated it. I didn't even like to watch sporting events.

But the pandemic changed all that!

When the coronavirus caused the biggest world health crisis of the century, everybody was shocked. People were panic-buying, and the shelves in the stores were empty. Schools, workplaces, and parks got shut down. We were all at home, on hold with no plan, no instructions, and no deadline. Suddenly, the days got really long, slow, and lonely. The isolation felt painful.

I was overwhelmed by the amount of negative news. I kept thinking the worst. What if something happened to my family in my native country? I hated living in fear and uncertainty.

One day, I woke up and I told myself: "This needs to change." I packed my two boys into the

car, and we went for a hike. We chose a short but picturesque hike near our house. We explored the footpaths along the gorge and enjoyed the scenic views. It was freezing, but it did not matter. We enjoyed nature and each other. We were happy!



That was the day when something changed. I decided to get friendly with workouts. We decided to go hiking once a week, then two days a week, and then three. I took as many online yoga, spin, and Pilates classes as a stay-at-home mom could do. I started walking in the morning.

It was extraordinary how much my mood improved. I stopped following negative and depressing news. I changed my diet and lost a few pounds. I became more patient and calm. Every morning, I was looking forward to my little exercise routine. It was my escape, almost a spiritual time for me.

Now, I cherish my active time every day. It gives me power and fuel for the whole day, and it saved my sanity. Even though I am still worried about my family, and we still do not know what the future is going to bring, I know that I have my workout routine that never disappoints.

Aggie Cersosimo is from Poland. She is an ESL student at Keene Community Education in Keene, NH. She is a member of the Keene International Festival committee, and she loves travel, interior design, reading, skiing, and of course her newest hobby: a workout that she does almost every day.

Exercise Boosts Energy?

Yes! Exercise delivers oxygen and nutrients to your body. It makes your heart work more efficiently. If you exercise, you will be less tired from regular chores. You will sleep better and be in a better mood. Exercise can also help you fight heart disease, high blood pressure, and high cholesterol. According the Mayo Clinic, it can also "put the spark back in your sex life."

Source: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>