Paleo-content

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**Subject** – Pair the Perfect Exercise with Paleo Diet

Hey,

How are you enjoying your paleo diet? You have been eating like a caveman for a while, but have you wondered that their lifestyle actually involved a lot of gut-wrenching activities.

Well, not that we are asking you to pick up a club and go out on a hunt after a long trek through the treacherous canyons. What we want to emphasize today is the importance of exercise.

As we know, paleo food contains high amount of fat and calories. The good thing is that is the kind of fat and calories that get used up by your body. Yet, that does not mean you will burn it all sitting on the couch or lying on the bed all do.

If you want to be as strong as the cavemen, you need to get up and get moving.

To warm you up, we have a few interesting set of exercises you can start with.

* **Use your feet and speed**- We are not taking about jogging here. We are talking about sprinting. That is something primal humans used to do a lot. Imagine living with giant beasts!
* **Use your body weight** – Forget gyms and dumbbells. Go for exercises that make you lift your own body weight. Think pushups, pull-ups, dips, etc. if possible, go out in the wild and try lifting boulders and logs you find.

While they sound basic, these are the exercises that engage and enhance every muscle and its movement. Not only will you increase your muscle mass, you will experience a clear difference in your agility and energy level.

So, one the count of three…

Get up and get going!

Bye for now.

Thank You