

Laugh - Just for the Health of it

By Randall Munson, president of Creatively Speaking®

Laughter is good for you. Not only does it improve your disposition, it improves your health. You receive an aerobic benefit from laughing. When you laugh hard, like when you exercise, your large muscles move, your breathing increases, your heart rate gets a boost.

A study found that just 10 seconds of good hearty belly laughs give you the same aerobic effect as 5 full minutes of moderate jogging!

So, if you are feeling guilty about not exercising . . . Get up in the morning, laugh your head off, and go back to bed!

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