

Sport=The Miracle Drug

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Sport is a natural drug! It is also the best anti-stress therapy! There is nothing that can make us feel more relaxed and energized than an hour jogging in the forest or a training session in the gym. This is a natural doping. The happiness hormones called endorphins are released during training and give us a feeling of happiness and joy which most inactive people do not experience. Everybody who trains regularly knows about the pleasure and joy of endorphins, keeping them motivated and anxiously awaiting the next training session. The athletic and sexy body you develop will also make you feel more confident about yourself.