

CarolinaArambuoroAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being, Partners!

In this 250th Newsletter, I want to give us a chance to consider the benefits that physical exercise can have on our health and well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

The Right Type, AMOUNT and Frequency of EXERCISE for YOU is a FUNDAMENTAL and SIMPLE PILLAR to enjoy Optimal WELL-BEING and LONGEVITY!!

For many years scientific studies have proven that people who are **fitter** are healthier and live better lives. Bottom line is that only a few lifestyle choices such as our nutrition have as large an effect on mortality as physical activity. Many of the leading causes of DEATH are **lifestyle** diseases that can be AVOIDED by simple EXERCISE. Two-thirds of Americans get no exercise at all, and obviously that does not represent an average for the World Population, but more and more, all over the world people spend more time with electronics than is healthy to do and less time exercising in **Holistic** ways.

Weather you are part of the big group of people in the World that does NOT EXERCISE **enough** or at all or you are part of the group of us that DO EXERCISE; this Newsletter is packed with information that will

inspire you and SUPPORT YOU in Exercising BETTER or/and Exercising at least the Healthy Minimum. Specially if you already are **active** and exercise then there is a lot of information in this Newsletter about HOW and WHEN to exercise best and what nutrition will enhance your exercise, which will allow you to improve your exercise and help those you love exercise in a way that becomes a life saving and life **enriching** activity.

There are maaaaany MYTHS about exercise that are **not** accurate. These are a few myths among the many:

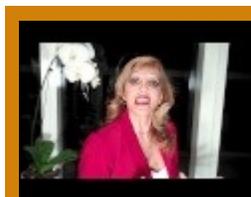
- Doing **aerobics** for hours to lose weight or get fit faster is totally incorrect and actually produces more **undesired** side effects that most people calculate. The RIGHT Amounts of exercise are CRUCIAL.
- Exercising several times a day is better than just once a day is not TOTALLY Accurate. It is better if and ONLY if you space it out **correctly** ...meaning YOU NEED to let your Body RECOVER or you will cause more negative side effects in Health Quality. For example, if you exercise in the early morning try again maybe in the middle afternoon, not a few hours apart.
- More Exercise is BETTER people think in GENERAL. This is not true as RECOVERY is as **important** as Exercise.
- Any and all exercises will do is the popular belief, which is INACCURATE. Knowing which TYPES, **Frequencies** and LENGTHS of exercise are best for your Particular Health Needs and Health Challenges is crucial. I HIGHLY ad-



CAROLINA ARAMBURO

vise you to get a WELLNESS expert to look at your full Wellness Profile, your needs, past challenges, etc. and create the PERFECT PLAN for YOU. As **Unique** as you are; so is your Body and deserves that exact cherishing.

Sedentary behavior – sitting for long periods of time – has been shown to be a health risk in itself. And for those of us that do Exercise consider this: "It is no longer enough to consider whether an individual engages in **adequate** amounts of weekly exercise," said Carol Ewing Garber, Ph.D., FAHA, FACSM, who is an associate professor of movement sciences at the Teachers College of Columbia University. "We also need to **determine** HOW MUCH TIME a person spends in sedentary pursuits, like watching television or working on a computer" (Cont. on next page)



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even though they may exercise later. Researchers speculate that sitting for hours on end at work or in a car may change peoples' **metabolism** in ways that promotes all kinds of aches and pains, malfunctioning of all kinds of organs, obesity, heart disease, cancer, diabetes, and other chronic conditions EVEN if they are active and exercise SEEMINGLY in a SUFFICIENT AMOUNT after the hours and hours of sitting. So it is just as important to cut down on "sit time" as it is to **increase** "fit time."

According to Harvard studies, and multiple other studies, **regular** exercise (Cardio, Resistance, Flexibility and Neuromotor Exercise) or physical activity helps many of the body's systems function better, keeps heart disease, diabetes, cancer and a host of other diseases at bay, and is a key **ingredient** for losing weight (Obesity is directly correlated to many health conditions and diseases.). According to the 2008 Physical Activity Guidelines for Americans, and the American College of Sports Medicine (ACSM) 2011 Exercise Guidelines, along with other notable experts, being physically active on a regular basis provides the following benefits:

PHYSICAL BENEFITS

- Improves your chances of **living longer** and living healthier. It has been estimated that people who are physically active for approximately 7 hours a week with MEDIUM-INTENSE Exercise have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.
- Exercise causes changes in **antibodies** and white blood cells (the body's immune system cells that fight disease). These antibodies or white blood cells circulate more rapidly, so

they can detect illnesses earlier than they might have before.

- Saturates your red blood cells with **oxygen** in an effort to ensure that enough oxygen is available for your muscles. As a long-term benefit of exercise, your red blood cell count increases as you get fitter so you are better able to transport greater amounts of oxygen throughout your body.
- Pushes carbon dioxide from the pulmonary artery into the lungs so you can expel that **toxic gas** from your body each time you exhale.
- Reduces **Coronary** Heart Disease markers and helps protect you from developing heart disease and stroke or its precursors, high blood pressure and undesirable blood lipid patterns. Low cardiorespiratory fitness also is a risk factor for heart disease.
- Decreases apolipoprotein B (ApoB) – a **protein** that is a Cardiovascular Disease Marker.
- Regular exercise has been shown to reduce levels of C-reactive protein, a measure of **inflammation**. That matters because cholesterol-laden plaques on the lining of arteries are most likely to break off and cause heart attacks when they become inflamed.
- Stimulates **vasodilation**, which increases the diameter of blood vessels in your body, including your capillaries.
- Elevates HDL-C ("good" cholesterol), Lowers LDL-C ("bad" cholesterol) and improved **cholesterol** profile.
- Improves your **muscular system** by enhancing the way your **muscles** work with other body systems, such as your cardiovascular and neurological systems plus increases muscle endurance, strength and coordination.
- Improves **digestive** disorders. Getting your heart pumping helps increase blood flow and oxygen circulation throughout your body. Blood and oxygen are nec (Cont. on next page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division **click here** : www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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essary to aid in digestion and keep the muscles of your intestines healthy.

- Ensures the **lymph system** flows properly – rebounding on a trampoline, bouncing on an exercise ball and horseback riding are great exercises for this important system.
- Enhances **Nervous System** Function.
- Helps protect you from developing certain **cancers**, including colon and breast cancer, and possibly lung and endometrial (uterine lining) cancer.
- Speeds up deliver of oxygen to key organs like the kidneys and **liver**.
- Allows the **kidneys** to filter greater levels of protein in the urine and triggers better water absorption, resulting in less urine to keep you hydrated.
- Elevates your level of immunoglobulins, which are proteins that help bolster your **immune system** and ward off infection.
- Increases the thickness of Hyaline cartilage, also called **articular cartilage**, which cover the ends of bones and protects them.
- Strengthens soft tissues that protect your bones from **fractures**.
- Produces **synovial fluid** within the joints and which the joints require regular to stay lubricated, nourished and healthy and increases the range of movement available at the joints.
- Strengthens **ligaments** and makes them more resistant to injury.
- Improves Insulin sensitivity and helps prevent type 2 diabetes (what was once called adult-onset diabetes) and **metabolic syndrome** (a constellation of risk factors that increases the chances of developing heart disease and diabetes).
- Increases the size and strength of your muscle **fibers**.
- Increases the strength of your **ligaments** and tendons.
- Increases the number of **capillaries** that supply blood to your skeletal muscles.
- Increases the number and the size of the **mitochondria** (the power plants) in your muscle tissue, which allows your muscle to burn more energy.
- Helps the **Endocrine System** (Pituitary, Thyroid, and Adrenal Glands and the Pancreas) to secrete and receive **hormones** more efficiently. These hormones, which control physiological functions in our body include: Cortisol, Growth Hormone, Testosterone, Estrogen, Thyroxine, Insulin, and Endorphins.
- Increases **Bone Mass** and helps prevent and reverse osteoporosis and osteoarthritis.
- Prevents **back pain** by increasing muscle strength and endurance and improving flexibility and posture.
- Prevents weight gain, promotes **weight loss** (when combined with a lower-calorie diet), and helps keep weight off after weight loss.
- Reduces flu and cold like **illnesses**.
- Improves **Functional** Ability and Fall Prevention.
- Improves body **composition**.
- Improves heart-lung and muscle **fitness**.
- Improves **sleep**.
- Increases **energy**.
- Reduces and postpones **disability** in older adults.
- Activates **alveoli** inside your lungs to supply more oxygen to your body & prevent, suppress and regress emphysema and pneumonia.
- Clears **mucus** in your lungs and body.
- Builds the endurance of your **diaphragm** and intercostal muscles to allow for deeper, fuller and more efficient breaths.
- Improves your **lung capacity**.
- Increases blood flow to your lungs (allowing the lungs to deliver more

oxygen into the blood).

- Helps prevent **gallstones**.

MENTAL AND EMOTIONAL BENEFITS

- Exercise slows down the release of stress-related **hormones**, which increases the chance of illness. Lower stress hormones may protect against illness and emotional **imbalances**.
- Exercise prevents and reduces the risk of developing **Alzheimer's** disease and other kinds of dementia and reduces the effects of dementia.
- Improves **cognitive** function among older adults.
- Produces BDNF and **endorphins** which relieves symptoms of depression and anxiety and improves mood.
- Regular exercise improves **self-esteem**.
- Regular aerobic exercise increases endorphins and levels of serotonin and dopamine in the brain, which is linked with improved mood and energy.
- Exercise enhances the mind's ability to withstand daily hassles and **stressors** and to regulate itself.
- Research shows exercise can alleviate symptoms of Pre-Menstrual Syndrome and associated hormonal depressions in women.
- Regular exercise has been shown equal to **antidepressant** use in treating Major Depressive Disorder.
- Exercise is associated with deeper **relaxation** and better quality of sleep (which protects the brain and increases energy).
- Strength training has been shown to decrease **tension** and worry in the body and mind.
- Studies show exercise reduces/ treats and may **prevent anxiety** (Cont. on next page)

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and panic attacks.

- Exercise increases mental **clarity** and efficiency.
- Improves cognitive functioning in middle age and beyond.
- Exercise is associated with better thinking, **learning**, and judgment.
- Exercise can help us tap into **intuition** and creativity.
- Exercise increases assertiveness and enthusiasm for life.
- Studies show exercise leads to a higher quality **sex** life.
- Group or partner exercise increases social activity and decreases feelings of loneliness and **isolation**.
- Those who exercise regularly tend to have a better body-image.
- Exercise helps us get more done during our day.
- Helps control **addictions**.
- Overall, exercise is one of the best ways to improve **happiness** and life satisfaction.
- Stimulates the brain's ability to maintain old **network** connections and make new ones vital to healthy cognition.
- Increases both the number of small blood vessels that supply blood to the brain and the number of **connections** between nerve cells. In addition, exercise raises the level of a protein in an area of the brain important to memory and learning.

The American Heart Association indicates that new **evidence** suggests that low cardiorespiratory fitness (CRF) is as strong a predictor of cardiovascular disease (CVD) and other health causes of **mortality** (referred to as all-cause mortality) as are well-established risk factors such as smoking, obesity, hypertension and diabetes (Lee, D. et al. 2010).

"We see changes in the body within **seconds**," Michele Olson,

PhD, professor of exercise physiology at Auburn University at Montgomery in Alabama. As little as 30 minutes of cardio three to five days a week will add six years to your life, according to research at the Cooper Clinic in Dallas. Do that plus a couple of days of **resistance** training and you'll not only live longer but also look younger, feel happier, have more energy, and stay slim.

According to Alyssa Shaffer, health writer and author of 2 Week Total-Body Turnaround, here is the **process** that happens as you exercise and continue to exercise:

As You Work Out...

- **Your lungs are getting stronger.** When you do cardio, your brain sends signals to them to help you breathe faster and deeper, delivering extra oxygen to your muscles.
- **Your motivation is at its peak.** Thanks to a flood of endorphins, and you feel psyched and energized.
- **You're fighting flab.** "During typical cardio exercise, your body taps mainly fat for fuel," Olson says.

Within One Hour of Exercise...

- **You're protecting yourself against infections, colds, flu.** Exercise elevates your level of immunoglobulins, which are proteins that help bolster your immune system and ward off infection. "Every sweat session you do can help strengthen your immune function for about 24 hours," says Cedric Bryant, PhD, chief science officer for the American Council on Exercise.
- **You are not only feeling but creating zen.** Mood-enhancing chemicals, like serotonin, dopamine, and norepinephrine, flood your brain for a couple of hours post-exercise and for up to a day if you've competed in an endurance event, like a marathon.
- **You're blasting calories, even at**

rest after the exercise. "For every 100 calories you burn during your workout, you can expect to burn 15 calories after," Bryant says.

Within One Day of Exercise...

- **You're adding lean muscle.** "If you did a strength-training routine, your muscles are now starting to rebuild themselves and repair the microscopic tears that come with lifting weights", says Paul Gordon, PhD, director of the Laboratory for Physical Activity at the University of Michigan School of Medicine in Ann Arbor.
- **Your heart is healthier.** One exercise session lowers your blood pressure for up to 16 hours.
- **You're a quick study.** You're super alert and focused post-exercise. That's because a good workout increases the flow of blood and oxygen to your brain, says Henriette van Praag, PhD, a researcher at the Laboratory of Neurosciences at the National Institute on Aging in Baltimore.

Within One Week of Regular Exercise...

- **Your risk of diabetes goes down.** The more you work out, the greater your sensitivity to insulin. That, in turn, lowers your blood sugar levels, reducing your risk of type 2 diabetes.
- **Your VO2 Max has increased.** Your VO2 max (your maximum capacity of oxygen use), a measure of your endurance and aerobic fitness, has already increased by about 5 percent, according to Olson. Translation: You can go a little harder and longer than you could before.
- **You're slimmer.** Cutting 500 calories a day through exercise and diet will help you drop one pound a week.

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Long-Term Benefits of Exercise...

- **You're getting stronger.** "Those eight-pound weights don't feel quite as heavy, because your muscular endurance is starting to increase," Bryant says, "Ten reps is no longer a struggle; you can now do 12 or 13."
- **You're blasting belly fat.** After four weeks of regular workouts, your body is removing fat and gaining muscle. Four-weeks of moderate aerobic exercise can reduce ab fat by 12 percent.
- **You've got more brain-power.** Working out activates growth-stimulating proteins in the brain that may help form new cells there.

Within One Year of Regular Exercise...

- **Working out is way easier.** "Your endurance and aerobic fitness can increase by up to 25 percent after eight to 12 weeks of regular training," Gordon says. "In a year your endurance can more than double."
- **Your heart rate is lower.** Thanks to regular workouts, your heart is pumping more efficiently. For instance, if your initial resting heart rate was 80 beats a minute, it will have dropped to 70 or lower.
- **You're a fat-melting machine.** "Your cells are now super-efficient at breaking down fat and using it as fuel," Olson says. That means you're losing weight 24-7.
- **You've cut your cancer risk.** In a study of women, those who had the highest levels of aerobic fitness were 55 percent less likely to die from breast cancer than those who were sedentary. Women considered moderately fit had about a 33 percent lower risk of developing the disease. Exercise may also help protect against endometrial, lung, and ovarian cancer, researchers say.
- **You're adding years to your life.** Fitness buffs have better telomeres, the DNA that bookends

our chromosomes and protects them from damage, which can slow the aging process, studies show.

- **You feel fantastic.** Just four months of exercise is as good as prescription meds at boosting mood and reducing depression, according to a study at Duke University. Keep it up and not only will your life be longer, it will be happier, too!

Some people **hesitate** to become active or increase their level of physical activity because they fear getting injured or having a heart attack. Studies of generally healthy people clearly show that moderate-intensity physical activity, such as brisk walking, has a low risk of such **adverse events**. The risk of musculoskeletal injury increases with the total amount of physical activity. Participation in contact or collision sports, such as soccer or football, has a higher risk of injury than participation in **non-contact** physical activity, such as swimming or walking. Cardiac events, such as a heart attack or sudden death during physical activity, are rare. However, the risk of such cardiac events does **increase** when a person suddenly becomes much more active than usual. The bottom line is that you should consult your healthcare professionals but the general health benefits of physical activity far outweigh the **risks** of adverse events for almost everyone.

If you are moving from being inactive to being active here are some **basic** tips for getting active:

- Start slowly and **gradually** increase your activity: Focus on being active for at least 30 minutes a day. Once you're used to that, start trying to incorporate moderate exercises into your routine.
- Choose activities and exercises that you **enjoy** and that fit into your lifestyle. Try a variety and do

what's fun.

- Maintain a **flexible** schedule—do what you can, when you can, and don't feel guilty if you miss a day or two; consistent activity over months or years is most important.
- Balance your activity/exercise with healthy **eating** patterns.

On my PERSONAL Health and WELLNESS Journey I literally had to go from NEAR DEATH and **diagnosed** by Doctors to being only able to possibly recover no more than a 30% to 40%, if we 'accomplished the highly improbable' to being 99% Fully HEALED and **categorized** as MIRACULOUS by the same doctors. I had to learn the HARD WAY how to **restore** a severely Damaged Body with Most of my Health Systems compromised Severely, incapable of functioning NORMALLY not even for a 1/3 of the day for the first 8 months to having the BEST HEALTH and WELLNESS that I have had in my Life, in **less** than 3 years.

One of the BIGGEST **contributors** to my full recovery (as soon as I could function 5 hours a day) was spending 3 hours exercising in the RIGHT way to HELP Produce the **Chemicals** that my Body needed together with a Very Rigorous Nutritional Plan, a Collection of Supplements, etc. to PRODUCE that Miracle. My doctors said that I was, with exercise, producing something they need to promote to (Cont. on next page)

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many people with illnesses that, right now, is only being treated with CHEMICALS.... so take it from me; EXERCISING (the right way) can save you from maaaaany Medications.

I mean "the right way" because knowing which TYPES, Frequencies and LENGTHS of exercise are best for your Particular Health Needs and Health Challenges is crucial. I HIGHLY ad-

vised you to get a WELLNESS expert to look at your full Wellness Profile, what you NEED and what you DESIRE to achieve, your past challenges, etc. and create the PERFECT PLAN for YOU. As Unique as you are; so is your Body and deserves that exact cherishing.

Physical Exercise with a Raw VEGAN Living Foods DIET including plenty of Leafy GREENs tons of PURE Filtered LIVING water, Medi-

tation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", and Yoga plus mindful stress management is the greatest way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

Wisely CUSTOMIZE your TYPE, Frequency and QUANTITY of EXERCISE for Utmost RESULTS !!

According to the Hippocrates Health Institute and many other holistic health institutes and tons of studies on exercise, for a healthy body we should exercise a minimum of 6 days per week having ones heart rate raised aerobically for 30 minutes and build muscle two to three days per week, for approximately 90 minutes, through resistant exercise.

The American College of Sports Medicine (ACSM) Position Stand 2011 which sites over 400 publications from scientific reviews, epidemiological studies, clinical studies, meta-analyses, consensus statements and evidence-based guidelines, provides these different types of exercise and recommended guidelines for exercise which fits into the HHI recommendations:

Cardiorespiratory Exercise - Is associated with lower depression, lower coronary heart disease, lower waist circumference, lower blood pressure, raised lipoprotein lipase activity (leading to lower levels of circulating blood triglycerides) and lowered blood glucose, insulin and cholesterol. **Cardiorespiratory fitness** can be defined as the ability of the respiratory, circulatory and muscular systems to consume,

distribute and utilize oxygen during continuous physical activity.

Cardio exercise is exercise that raises your heart rate to a level where you are working, but can still talk. Cardio any rhythmic activity performed continuously and includes running, cycling, hiking, walking, treadmills, elliptical trainers, rowing machines, stationary bikes and Stairmasters or dancing. You can also use videos that include kickboxing, Tai Chi and aerobic workouts.

Recommendations for Cardiorespiratory Exercise:

- Adults should get at least 150 minutes of moderate-intensity exercise per week, which would be at least 30 minutes per day for a minimum of 6 days per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.
- **Gradual** progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.
- People unable to meet these mini-

mums can still benefit from some activity.

Weight Training (also known as Strength Exercise or Resistance Exercise) - Higher levels of muscular fitness are associated with reduced risk of all causes of disease, improved cardiometabolic health (a construct that includes a group of risk factors that are indicators of a person's overall risk for type 2 diabetes, stroke and cardiovascular disease), intervention in treatment of metabolic syndrome, reduced risk of developing functional limitations and prevention, slowing and even reversal of the loss of bone mineral and bone mass that occur with osteoporosis.

According to HHI, the strengthening of both our surface muscles and our deeper internal muscles is extremely important because they are the foundation of the muscular structure that supports and strengthens our skeletal frame. Because they are attached to the bone, the deep muscles are also responsible for bone density. Exercising these deep muscles stimulates the production of osteoblast cells that build strong bones. In the February 2006 edition of the New England journal of Medicine, and in many other studies since then, (Cont. on next page)

Wisely CUSTOMIZE your TYPE, Frequency and QUANTITY of EXERCISE for Utmost RESULTS !! (Cont.)

it was reported that calcium supplementation does little to prevent or eliminate bone density conditions like osteoporotic conditions but that weight training is a major factor in preserving bone density.

Weight/Strength/Resistance exercise/training works the body in a different way than cardio. You can lift weights (dumbbells, barbells, resistance bands, machines, etc.) to strengthen the muscles, bones and connective tissues. Pushups, jump squats, lunges, resistance bands and mountain climbing are also all examples of exercises that provide strength training. These sessions should not be done on the days you do cardio.

Weight/Strength/Resistance Exercise/Training Recommendations:

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

Flexibility Exercise - For most adults, flexibility training will improve balance and postural stability. Flexibility exercises are basically stretching your muscles to make them stronger and more agile. It feels good and is relaxing. Stretch your muscles only after they're warm – after your warm-up or after other workouts.

While stretching is often the most overlooked exercise, it's one of the most important for keeping us agile, as we get older. And, unlike the rigors of cardio and strength training, it's relaxing and it feels good. Stretching can be done anytime throughout the day, but it's also important to stretch before and after your workouts, especially if you have any chronically tight areas.

Flexibility Exercise Recommendations:

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

Neuromotor Exercise - Neuromotor exercises work and develop your *motor skills*. They work a precise group of muscles that are used to perform a learnt act. We develop our motor skills from birth to master acts that we don't even think about doing as adults. This type of training can improve balance, agility, muscle strength, gait and coordination, and can also reduce the risk of falls. Neuromotor exercises include sitting, standing and moving balancing exercises.

Neuromotor Exercise Recommendations:

- Neuromotor exercise (sometimes called "functional fitness training") is recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordina-

tion and gait), proprioceptive exercise training and multifaceted activities (tai chi and yoga) to improve physical function and prevent falls in older adults.

- 20-30 minutes per day is appropriate for neuromotor exercise.

Please READ our ARTICLE about YOGA; the UTMOST Neuromotor EXERCISE below.

Keep in mind that 2-1/2 hours (150 minutes) of moderate-intensity aerobic activity a week is an excellent starting point, not an upper limit. Exercising longer, harder, or both can bring even greater health benefits. Also bear in mind that your 2-1/2 hours of activity should be in addition to the light activity that is part of everyday living. But moderate and vigorous lifestyle activities—dancing, mowing the lawn with a push mower, chopping wood, and so on—can count toward your weekly total, if they are sustained for at least 10 minutes. Walking is still one of the simplest and most effective exercises. It helps you to lose weight, stay in shape, and maintain good health!

Building recovery time into any exercise or training program is important because this is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Without sufficient time to re (Cont. on next page)

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pair and replenish, the body will continue to breakdown from intensive exercise. Symptoms of overtraining often occur from a lack of recovery time.

Signs of **overtraining** include a feeling of general malaise, staleness, depression, decreased performance and increased risk of injury, among others.

Getting **quality sleep** is also an important part of short-term recovery. Make should to get plenty of sleep, especially if you are doing hard training.

Recent research is at least **be-**

ginning to shed some light on the notion that there may be a point at which large volumes of exercise begin harming, rather than improving, our health. For instance, while a regular exercise routine is highly effective for boosting **longevity** and cardiovascular health and ameliorating many common chronic diseases, such as obesity, diabetes and stroke, long-term endurance exercise has been linked with **pathologic** structural remodeling of the heart, enlarged arteries and increases in anxiety and depression.

Pinning down just how much exercise qualifies as “too much” will likely vary between individuals and depend

on a **variety** of factors – including age, health history and lifestyle. But determining the point at which physical activity begins posing a **threat** to our health is critical in ensuring we don't accidentally cause our bodies – and brains – more harm than good. Understanding this potential upper-level cutoff is important as researchers **examine** the concept of people becoming addicted to exercise. The key for us is to listen to our body. It will tell us when we are overdoing it and allow you to know the difference between important indicators such as the pain of injury vs. normal muscle soreness.

YOGA, the MOST complete PHYSICAL, Emotional and MENTALLY Balancing EXERCISE has over 1000 benefits .. Here are 80 of them!!!

Maaaaaany of the worlds' leading holistic institutes, like the HHI (Number 1 in the World Holistic Health Center, for the last 4 decades), incorporate Yoga into their **wellness** programs. The latest holistic health experts now agree that doing full traditional YOGA practices daily + weight and aerobic training 3 times a week (can be done together or separately) is the best and most complete exercise plan. Yoga workouts are a great way to both stretch your body at the same time you build **endurance**, strength and promote relaxation and stress-reduction. The word yoga means 'union' in Sanskrit, the language of ancient India where yoga originated. The meaning of union to them is between mind, body and spirit. Yoga, in India, is part of a practice of spiritual **enlightenment** as well as physical health. In keeping with this, some yoga centers not only practice the yoga poses, but include delving into the spiritual side with chanting, meditation or an inspirational reading by the teacher.

Typically, a yoga class at a gym will be more focused on the **physical** benefits of stretching to gain strength and flexibility. Yoga as an exercise involves stretching the body in certain poses to create balance, strength and flexibility. This low-impact exercise not only makes you feel great, but each pose has specific high impact benefits. Here are some of the top **PHYSICAL BENEFITS OF YOGA** (We give a list of emotional, mental and spiritual below.):

- Stretches and lengthens the muscles.
- Stretches the soft tissues of the body. (Tendons, ligaments, and the fascia sheath that surrounds the muscles.)
- Releases lactic acid build up. (Lactic acid can cause muscle soreness, stiffness, pain, and fatigue.)
- Increases range of motion in the joints.
- Increases muscle tone. (From the larger ones to some of the smaller, less-used muscles.)
- Nourishes intervertebral discs.
- Improves spinal curvature.
- Helps to prevent loss of bone den-

- sity (osteoporosis).
- Increases endurance.
- Improves balance, agility, reaction time, and coordination.
- Improves respiration. (Increased lung capacity due to yoga's emphasis on deeper and fuller breathing.)
- Improves circulation of blood.
- Lowers levels of adrenaline, cortisol, and catecholamines (all responses to stress.)
- Increases energy and vitality.
- Lowers blood pressure and pulse rate.
- Lowers cholesterol.
- Facilitates weight loss. (Primarily through better lifestyle choices.)
- Strengthens the immune system.
- Improves oxygen delivery to cells.
- Reduces or even eliminates pain, both acute and chronic. (Including those associated with arthritis and fibromyalgia.)
- Improve conditions of irregular heart rhythm.
- Helps to maintain a balanced metabolism.

(Cont. on next page)

YOGA, the MOST complete PHYSICAL, Emotional and MENTALLY Balancing EXERCISE has over 1000 benefits .. Here are 80 of them!!! (Cont.)

- Aids the recovery of stroke victims.
 - Improves endocrine and lymphatic functioning.
 - Helps prevent hardening of the arteries.
 - Aids and improves digestion and elimination processes.
 - Reduces sodium levels.
 - Increases level of red blood cells.
 - Increases core stability.
 - Decreases inflammatory markers.
 - Decrease in cellular aging.
 - Reduces blood glucose levels. (Especially helpful for diabetics.)
 - Improves lipid profile.
 - Improves symptoms of carpal tunnel syndrome. (Improved grip and reduction of pain.)
 - Decreases occurrence of tension headaches and migraines.
 - Relieves some symptoms and discomfort associated with menstruation and menopause.
 - Promotes nasal breathing. (Filters, warms, and humidifies the air).
 - Aids in common pregnancy discomforts such as bloating and backaches and helps make labor shorter and easier.
 - Helps manage the symptoms of multiple sclerosis.
 - Calms the nervous system.
 - Improves concentration and focus.
 - Improves self-discipline.
 - Expands imagination and creativity (especially in children).
 - Elevates mood and feelings of contentment.
 - Increases self-awareness.
 - Increases self-confidence.
 - Increases optimism.
 - Increases mental strength, or will-power.
 - Improves symptoms of certain neuropsychiatric disorders. (Including schizophrenia and ADHD.)
 - Reduces symptoms of anxiety and depression.
 - Improves learning efficiency.
 - Improvements in Obsessive-Compulsive Disorder (OCD).
 - Reduces symptoms of Post Traumatic Stress Disorder (PTSD).
 - Fosters a healthier body-image.
 - Improves emotional control. (Especially over feelings such as anger or hostility.)
 - Improves self-control. (Contributes to better choices and habits.)
 - Increases experience of positive emotions. (Joy, peace.)
 - Decreases experience of negative emotions. (Fear, frustration, worries.)
 - Improves the mind-body connection. (Comes from synchronizing breathing with movement. Retrains the mind to find a place a peace and calm.)
 - Improves relationships with others.
 - May decrease feelings of loneliness (especially in elderly practitioners).
 - Increases sense of emotional healing and well-being.
 - Increases ability to handle disappointment and adversity.
 - Increases open-mindedness.
 - Improves intuitive abilities.
 - Increases sense of community. (When practiced in a group setting.)
 - Encourages self-knowledge.
 - Stimulates the energy centers of the body.
 - Increases ability to manifest positive experiences in daily life.
 - Discovery or connection with one's sense of purpose or meaning in life.
 - Creates a sense of being more in-tune with one's inner consciousness.
 - Leads to a greater sense of connectedness to others and the world.
 - Develops a sense of connection to something greater than ourselves. (Nature, the universe, one's God or gods, or some other expression of the divine.)
 - Fosters a greater sense of appreciation of each experience for what it is.
 - Fosters a deeper sense of gratitude in general.
 - Leads to a sense of fulfillment.
- Yoga, in addition to all of the physical benefits (which impact us mentally, emotionally and spiritually), has been proven in many studies to have powerful mental, emotional and spiritual benefits (which in turn impacts us physically). Here are some of the top **MENTAL, EMOTIONAL AND SPIRITUAL BENEFITS OF YOGA:**
- Increases experience of relaxation.
 - Provides a deeper appreciation for the present moment, or mindfulness.
 - Allows for greater mind control, or control over the thoughts.
 - Increases mental clarity.

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The “Right” NUTRITION will SUPPORT your Best EXERCISE Performance!!!

A holistic approach to exercise includes a **nutrition** plan that includes consciously eating healthy foods that promote vibrant physical and mental health, while supporting a strong **immune** system and preventing disease. Following a good diet with adequate amounts of energy, carbohydrates, protein, vitamins, and minerals is critical for optimal exercise performance.

One of the most important things for an active, exercising body is pure LIVING **filtered** water. The more intense our exercise session, the more heat our body will produce. Before beginning exercise, drink water to help the body **compensate** or sweating and drink more water during exercise if you're thirsty. After exercising drink **2 cups of water** per pound of body weight lost during exercise.

Eating a healthy, alkaline diet complete with nutrient dense foods found in a Living RAW plant based diet will allow you to **consume enough calories** in general, including foods rich in **amino acids**, LIVE enzymes, tons of vitamins and minerals, carbs and anti-aging phytonutrients. Intense exercise creates an acidic environment in your body. If you don't neutralize the acid with what you eat, your body will use the calcium from your bones and nitrogen from your muscle tissue to **neutralize** it. Greens, sprouted vegetables, and certain fruits like lemons and limes have a neutralizing effect on your body. Protein can be added via protein rich plant-based food like spinach, beans and nuts and if need be raw vegan protein powders like **hemp**, sprouted brown rice, and/or pea protein. (See our previous Newsletter on Protein to find out more about Proteins and note all of the award-winning Athletes who debunk the Myth about plant-based

diets not being adequate for vigorous performance.)

For an **optimally active** and exercising body here are some simple rules from Sofia Sabeti, vegan bodybuilding spokesperson, self-published author and Live Foods Chef:

1. **Protein does not fuel activity.**

That's right, the amount of protein you eat prior to a workout has no effect on providing fuel to meet whatever physical demands your activity requires. There are two main energy pathways that the body utilizes for any type of exercise, and those are fats and carbohydrates. Protein *can* be **converted** into energy in last resort instances, however, when considering what foods to eat prior to picking up the weights, pass on the protein until the hours post-workout when amino acid replenishment will be vital.

- Ingest a **quick-digesting** source of amino acids immediately post-workout to utilize the muscle cell's brief window of sensitivity in nutrient uptake.
- To make the ultimate muscle-rebuilding potion, mix plant-based all 100% organic protein, hemp seeds, or spirulina into coconut water for **electrolyte** replenishment, and a sugar-free burst of tasty nutrients.

2. **Carbs are King in both pre- & post-workout nutrition.**

The body's preferred source of energy will almost always be carbohydrates. They are necessary to fuel aerobic and anaerobic activities, from running to weightlifting, and everything in between. When choosing the proper carbs to eat before and after a meal, **consider** these digestion times of the following food examples:

- Fruits, smoothies, and fresh vegetable juice are all excellent **fast-acting** carb choices to consume as soon as 15-30 minutes

before a workout.

- High-energy, high-GI foods such as dates are best eaten prior to or during any **endurance** or lengthy activity to provide instant energy and replenishment to waning muscle glycogen stores.
- Eat quinoa, other pseudo-grains, gluten-free oats, etc. at least 3 hours before a workout, or better yet, in the hours **following**.
- Opt for plenty of vegetables in the hours post-workout to get an array of amino acids and **antioxidants** into your diet.

3. **Don't forget fat.** Eating some healthy dietary fats can also be beneficial to your fitness goals. If your activity is lower intensity and higher endurance in nature, then you will definitely want to reach for some healthy fat sources prior to commencing your activity. Make sure you don't **overdo** it, however, as some take longer to digest than others and can hamper performance.

- For activities lasting **longer** than 1 hour, choose to include some healthy fats before your workout to use as fuel if and when your intramuscular carbohydrate stores are depleted.
- Avocado, coconut oil & chia seeds are **superior** pre-workout fat choices but some nuts and seeds can be eaten a few hours prior to allow for proper digestion.

4. **Other helpful timing tips**

- Make sure to eat an easily digestible source of balanced carb, fat, and amino acid replenishment **immediately** post-workout and up to 1-1.5 hours following when the cells are most receptive to take in nutrients.
- Banana and nut butter, vegetables and hummus, avocado and apple with Himalayan salt for sodium **replenishment**, or a quick (Cont. on next page)

The “Right” NUTRITION will SUPPORT your Best EXERCISE Performance!!! (Cont.)

shake are all excellent post workout choices.

- Add chlorophyll drops to your water to boost oxygen intake and performance during workouts, and **optionally** add chia gel for the ultimate sports drink!
- Blended foods digest quickly and easily and are always a convenient meal on the go!
- To help your adrenals to recover, add a teaspoon of ground maca, a Peruvian root that packs the added benefits of better sleep and **increased** libido.

Eat for your Goals

So you are on a quest for that quintessential lean, toned and defined look that most fitness devotees seek? Well, by strategically eating for your goals, and being consistent with these habits you will without a doubt earn yourself a body to rival the physiques on your vision board. Here are a few **distinctions** between two of the most common fitness goals:

Gain Muscle Mass

- Avoid going into caloric deficit by feeding your muscles plenty of complex carbohydrates & fat **sources** from foods such as avocado, quinoa, sweet potato, etc.
- Assist in muscle repair during rest days by choosing high **nutrient density**, amino acid food sources such as hemp seeds, activated nuts and seeds, broccoli, cabbage, and other high glutamine cruciferous vegetables, and a good amount of greens and the superfood algae.
- Eat larger meals, less **frequently**. Just like lifting heavier weights for less repetitions, by avoiding incessant snacking during the day and eating only a few main meals will help with a bulking program.

Lose weight

- Try to eat most of your higher or

simple carbohydrate foods either before or after your workout to ensure they are used and not stored.

- Choose to consume higher calorie & nutrient dense foods on active days and make sure you are eating an **abundance** of high-water content vegetables and foods on less active days.
- Aim to eat most of your daily intake of carbohydrates around your workout or the times where you will be most active. Complex **carbohydrates** such as green vegetables, etc. are great to eat in the hours after training as they assist in muscle repair.
- **Earn** your food. If you won't use it, don't eat it.

Exercising and burning calories increases your **appetite**. So you need high protein/ calorie foods to help your body recover. Foods such as large salads, whole food wraps, yams, beans, lentils, quinoa and other heavy foods are great for post-workout nutrition.

This list **represents** some common whole plant-based foods that will help you meet the needs of endurance athletes. Certainly there are many more foods one could include; the idea here is to list those that can be found in **common** grocery stores and whose tastes aren't too foreign.

- All kinds of vegetables, cooked and raw
- Vegetable sprouts
- All kinds of fruits, usually raw
- Beans and other legumes: lentils, chickpeas, black beans, pinto beans, adzuki beans
- Starchy vegetables like potatoes and sweet potatoes
- Brown rice
- Quinoa or Brown rice Pasta
- Other grains and seeds: bulgur wheat, buckwheat, farro, millet, quinoa, flaxseed, hempseed, chia seeds
- Raw Hummus
- Nuts, nut milks, nut butters: al-

monds, cashews, walnuts, almond milk, hazelnut milk, almond butter, sunflower seed butter

- Oils: grapeseed, olive, canola, coconut, flaxseed (unheated), hemp (unheated)
- Date nectar (as workout fuel, not an all-purpose sweetener)
- Protein powder (Vegan)

Recovery doesn't stop with your post-workout meal; you'll want to eat again an hour or two later, this time focusing more on quality protein. And there's more you can do that doesn't **involve** food — stretching, self-massage and foam rolling, rest, and even wearing compression socks.

Matthew Kenney, who opened Matthew Kenney OKC in 2009, a raw vegan restaurant in Oklahoma City that Forbes magazine called one of “America's Best Restaurants” the following year, said, “You can actually train **more intensely** on a plant-based diet than when following a standard diet because your recovery time is faster, you have **fewer** injuries, and you have more energy,” he says.

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Exercise produces EMOTIONAL, MENTAL, Physical and SPIRITUAL Transformations!!!

For many people, exercise is just about keeping your body in **good shape** and strengthening your internal organs, especially the heart and lungs. Now Western athletes and spiritual advisers back up what yoga and tai chi practitioners have **maintained** for a long time: Exercise improves your emotional and mental health and increases your awareness of the spiritual dimension within you, reconnecting you to your environment.

University of Toronto PhD candidate George Mammen co-authored *The Athlete's Way: Sweat and the Biology of Bliss* whose **premise** is that exercise makes people feel good. If exercise is something you associate with being happy and feeling good you will be more likely to seek it out and make physical activity a part of your daily **routine**. Over the long run, people don't stick to a workout regimen because of superhuman **willpower** - they stick with it because they realize how much better they feel after a workout. As Mammen says, "**Sweat = Bliss**. This is a universal neurobiological fact. Breaking a sweat is a hedonic pursuit."

Our bodies and minds are **hard-wired** to feel good when we work out. This is a generous biological design but also necessary for our survival. Everything humans need to survive—food, water, sleep, social connections, sexual contact, breathing deeply, and physically working our bodies (sweating)—are all designed to release a cascade of rewarding **neurochemicals** that send us coming back for more.

On the flip side, not being physically active can cause your body and mind to short circuit. Humans are not **biologically** wired to be

isolated in cubicles or sedentary behind computer screens.

Improved self-esteem is a key **psychological** benefit of regular physical activity. When you exercise, your body, in response to brain chemicals called neurotransmitters releases endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. **Endorphins** also trigger a positive feeling in the body, similar to that of morphine. For example, the feeling that follows a run or workout is often described as "euphoric."

Now exercise has been found to increase other **neurotransmitters** and appears to increase the synapse communication capacity in the brain. What's more, aerobic exercise induces the formation of new blood vessels in the brain during childhood and **adulthood**, improving brain circulation (for oxygen and nutrient delivery), function and health.

Jasper Smits, PhD, Co-Director of the Anxiety Research and Treatment Program at Southern Methodist University in Dallas and co-author, with Michael Otto, PhD, a professor of psychology at Boston University, wrote in 2011 Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-being, "The link between exercise and mood is pretty strong. Usually within five minutes after moderate exercise you get a mood-enhancement effect." Exercise alleviates **chronic** depression by several means:

- **Increasing serotonin** (the neurotransmitter targeted by antidepressants) or brain-derived neurotrophic factor (which supports the growth of neurons).
- Another theory suggests exercise helps by normalizing sleep, which is known to have protective effects on the brain.
- Boosting a depressed person's

outlook by helping him return to **meaningful** activity and providing a sense of accomplishment.

- Then there's the fact that a person's responsiveness to stress is moderated by activity.

But the effects of physical activity extend beyond the **short-term**. Research shows that exercise can also help alleviate long-term depression and anxiety. Studies have even proven that exercise, done regularly and properly, is comparable to antidepressants for patients with major depressive disorder. Finally studies have shown that exercise is not only important for preventing and **treating depression** but also for preventing relapse.

Multiple studies have proven that exercise improves perceptual skills, intelligence quotient, verbal and mathematical test scores, developmental level, cognitive function and academic readiness in both children and adults. **Aerobic** exercise in childhood also increases the resilience of the brain later in life, resulting in what is called **cognitive reserve** (less age-related degeneration of brain tissue).

Kramer, Erickson and Colcombe explain that the largest positive effects observed from exercise on cognition are in areas of the brain referred to as **executive central command**. The components of brain executive central command include working memory, planning, scheduling, multitasking and dealing with ambiguity (e.g., such as doubt and uncertainty). The authors emphasize that these components are often areas of substantial decline with aging.

One aspect of our **humanness** that often gets left out of this equation is how exercise has many positive benefits for our spiritual selves. We (Cont. on next page)

Exercise produces EMOTIONAL, MENTAL, Physical and SPIRITUAL Transformations!!! (Cont.)

often think of this part of us as existing outside or separate in some manner from the rest of our higher **attributes**. However, it is not, we are not and physical exercise is critical to the health of our entire being.

Some of the ways that exercise can benefit those of us walking a **spiritual** path in particular are centered on our energy field, while other positive aspects are more grounded in this reality.

According to April Danann is a Medical Intuitive, Clinical Nutritionist, and practitioner of Energy Medicine with a focus on Exercise Physiology, Exercise has the following Spiritual benefits:

1. Exercise helps build an **energy bridge** between body, mind and spirit. We can look at this in terms of newly formed synapses in the brain or to better development and function of glands such as the pineal gland involved in the awakening of higher consciousness. Of course, our minds are far clearer, insights and ideas often arrive through activity and we feel more

connected within.

2. There is a large element of detox arising from exercise, which has immediate and far-reaching **advantages** for the entire body, but also for the spiritual aspects of our beings. When we are detoxing regularly some of the poisons we have been exposed to, every **cellular** process benefits from this. Detoxing clears us spiritually as much as physically and mentally.

3. When we move physically our energy field responds by shifting and realignment - this is an important function of exercise, energy blocks, resistance and **stagnant** areas within the energy field will be forced to loosen up and will be easier to work on.

4. Building the body is not the least of these - perhaps it is the most overlooked aspect of exercising for **spiritual** reasons. Even for those of us walking this spiritual path, we often lose sight of the fact that 'god' or our divine light, resides inside of us. This means we are literally the 'house of god' and must take care accordingly.

This is not **complicated** - take care of your body and it will reward you with wonderful health and a deeper connection to higher consciousness.

5. Another aspect to having a daily exercise regimen is the fact that nothing else on earth balances **hormones** as quickly or as easily as adequate exercise. Our endocrine function is a fundamental piece of communication for inner worlds in a multi-dimensional human being. When any part of our hormonal transmission and **exchange** is not working - we are not receiving inner guidance, as we should.

I invite you to join me in seeing your physical form as something that **deserves your love** and make the appropriate changes. Make the changes because you are honoring yourself and your body, not because you wish to become something different. Then allow the **process** of exercise to unfold and bring you to a ENTIRE New LEVEL of WELLNESS!!

MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, **I have been coaching both large groups and one on one, since 1991**. This includes, but is not limited to: Silva, that of J. Rohn of Herbalife, and my own.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using their methodology: Ontology. In the years that I was leading the Landmark Forum I both coached **entire rooms of 150+ to 1200 people** and individual people who came to the microphone. In addition to this, I coached teams of people who worked with me in both group and individual settings. These included

managers among other individuals. This coaching was on **both personal and business topics**.

My experience, training and unspeakable privilege of coaching people prior to and since leading the Landmark Forum has allowed me to have access to the **utmost training and practices for years**.

Also, it absolutely gives me the **confidence** to coach **anyone on anything**, under any circumstance, and that the person attributes this **success to my coaching**.

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