

AGING AND FITNESS

Lecture Presentation by Doug Eggett
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I Welcome

A. A few questions:

1. How many of you have a few aches and pains?
2. How many of you would like to improve your health?
3. Do you know your family physical and health back-ground for any physical or life threatening condition?
4. Do you feel great about yourself most of the time?

B. Warm-up - Let's do a few wake up exercises. This is going to be an inter-active presentation.

1. TRUNK BEND - Stand upright with the hands on the hips. Keeping the knees nearly straightened, bend forward at the waist until the torso is about parallel to floor and you feel a stretch in your back and leg muscles. Move back to the upright position and lean back enough to tighten the lower back and stretch the abs. Pause briefly and repeat. Perform 10-20 smooth movements.

2. SIDE BEND & REACH - Stand upright with hands on the hips. Keeping the legs straight, extend the left arm overhead and lean to the right as far as comfortably possible. Return to the upright position and then lean to the opposite side, now extending the right arm upward to accentuate the motion. Continue back and forth in a smooth, controlled manner, completing 10-15 reaches to each side.

3. SINGLE ARM REACH - Stand upright with the hands on the hips. Reach upward with one arm to full extension, stretching the lats, shoulder, chest and arm muscles. Hold the reach for five seconds, then relax. Repeat with the opposite arm. Complete 2-3 reaches per arm.

4. BEND & REACH - Stand upright, beginning with both arms extended overhead. Keeping the knees flexed slightly, bend forward at the waist and reach the hands down toward the feet. Only go as low as is comfortable, it

is not necessary to touch the toes. Pause briefly and then swing the arms back overhead as you stand straight again. Pause momentarily as you reach upward and repeat. Perform 10-20 movements in a slow, controlled fashion. Note: Be cautious of bending forward too quickly, as this might cause dizziness. Keep all movements smooth, slow and under control.

5. ARM FLEX - Stand upright, clasping the hands behind the head with elbows facing skyward. Squeeze the hands together and hold for five seconds. Relax and then move the hands over the head, keeping the elbows bent at about 90 degrees. Again squeeze the hands together for five seconds. Return to the starting position and repeat. Perform five isometric squeezes in each position.

6. TWISTING BACK STRETCH - Lie on the back with the arms extended out to the sides and the thighs lifted, with the knees bent and the calves held parallel to the floor. Moving the legs to the left, allow the weight of the thighs to move them slowly toward the floor, stretching the lower back in the process. Hold the lowest comfortable leg position for five seconds (it may take 5-10 seconds for the legs just to reach the lowest position). Return to the starting position and repeat to the opposite side. Perform 1-3 stretches to each side.

7. SIT UPS - Lie on the back with the arms crossed over the chest, knees bent and feet flat on the floor. Keeping the feet anchored on the floor, tighten the abdominal muscles as you raise your torso into a sit-up position. Do not raise back off of the floor. Lower shoulders slowly using control then repeat, using a smooth motion at all times. Perform 10-15 careful repetitions and then rest. Complete 1-2 sets,

C. This warm up exercise will accomplish several things if done every morning.

1. Enhances blood flow to the arms and legs.
2. Increase lymph fluid flow which will start the cleaning process.
3. Start the metabolic fire to start to burn calories. Setting your body to burn fat all morning.
4. Makes muscles more limber with less stiffness.
5. A natural wake up for the day.

II BODY OF PRESENTATION

A. The topic of this lecture is the “EFFECTS OF EXERCISE ON THE AGING PROCESS”. The facts presented here are not new, but a collection of data from professional Doctors, Physical Trainers, Nutritionist and Athletes which

I have collected over the years.

B. I will break down this exercise/aging presentation into three basic principles.

1. Attitude
2. Nutrition
3. Exercise

C. We could spend a day on each of these topics, but with our limited time, we will only touch on the basics of each of these topics.

D. Getting where you want to go!

1. Know the outcome - Be specific of what you want.
2. Set a Plan - Set a reachable time limit.
3. Take Action - Any action is a start (pick a role model or mentor).
4. Chart your progress - Make sure you are traveling in the right direction.
5. Make adjustments - If you're not getting where you want, change or maybe you have changed your mind.

III. ATTITUDE

A. I will touch on this part by asking you a couple of questions. You are the only one who can determine if your attitude is right.

1. Life is so short - and it takes age to really appreciate this. You find out that a lot of things that you thought were important are really not and things that you took for granted are really important, such as your body and your health. The questions you must ask - How do I feel about myself? Am I happy with where I am?

2. Every one of us has some problems with our bodies and some of those problems are caused by heredity. But there is something that you can do with what you have to make it better. Sit down and decide what areas you can work on and those areas you cannot. But, be careful that you are not too easy on yourself, and yet not too hard.

B. Example: Maybe your Father or Mother or siblings are heavy individuals. So you know what you must do. Yes, you could give in and eat more and not exercise. With all this in mind you must love yourself and siblings as they are.

C. So, basically when we talk about attitude, we must ask:

1. Do I love myself?
2. Are there some long term things I can change?
3. Are there some health issues that I should be concerned with?

4. What would really make me happier?

D. "ZOROASTER REVEALS THE SECRET OF YOUTH--
CYPRUS THE GREAT, KING OF PERSIA:

Please tell me how I can retain my youth?

ZOROASTER:

Nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years wrinkle the skin, but the giving up of enthusiasm wrinkles the soul. Worry, doubt, self-distrust, fear, and despair--these are the long years that bow the head and turn the growing spirit back to dust. You are as young as your faith, as old as your doubt, as young as your self-confidence, as old as your fears, as young as your hope, and old as your despair."

IV. NUTRITION

A. In our busy life it is sometime impossible to eat basic fresh unprocessed foods. But we can do our best.

B. I read recently, "one third of what we eat will keep us alive, two thirds of what we eat keeps the doctors alive". Many Americans eat too much. With new restaurants here and an exciting new buffet down there it is hard to always control what we eat. But, a good rule of thumb is to enjoy that new restaurant, that new food, or even that double/double with bacon once in a while, think of that new buffet in terms of choice not quantity. The whole essence is control.

C. Another nutritionist said, "a good principle on good eating is to have several small meals during the day, instead of 1 or 2 large meals."

D. Learn to like fresh and raw fruits and vegetables.

E. A lot of people ask about supplements. A lot of research is finally being done on herbs in this country. I personally believe in natural supplements. To me that is just like sitting down to a meal with the right kind of natural vegetables that I would not normally get at that meal.

F. Here is a good working schedule for improved eating developed by a dietitian that you might want to consider.

Meal Alignment

Quarter 1

TAKE CONTROL OF YOUR EATING HABITS - Start by learning healthy eating habits and abandoning your old unhealthy ones. Focus on one healthy habit per week, then gradually introduce other ones.

1. Go no longer than five hours without eating. Otherwise you're apt to become eating machine regardless of your health and weight goals.
2. Resign from the clean-plate club. People often skip breakfast and gorge on lunch and dinner to compensate. Reverse that: Finish a good breakfast, but leave at least a few bites at your later meals, unless you're still hungry.
3. Become a conscious eater. Before eating or automatically reaching for seconds, ask yourself whether you're truly hungry or merely eating because the food's there.
4. Savor the pleasure of eating. If you're a speed eater, try adding some "speed bump" foods, such as soup, to slow you down.
5. Establish your food boundaries. If you don't want more food when it's offered, say no thank you rather than be the nice guy and eat things you don't want or need.
6. If you don't absolutely love it, don't eat it. That's especially important when it comes to desserts and special treats. Conversely, if you are going to indulge, make it an experience worth savoring. Mindlessly gobbling Grandma's special fudge in the car while rushing to an appointment is hardly satisfying.
7. Identify trigger situations that result in overeating. These include stress, boredom, the need for a "reward" and so on. Find activities other than eating to manage those times.
8. Don't make eating your main social outlet. If you find yourself eating just to be sociable, make a habit of focusing more on the conversation than the food.
9. Pay attention to serving sizes. When reading labels, remember that a serving size is often less than you think --three ounces of chicken, beef and fish, one ounce for cheese. Be especially careful in restaurants, where portions can be huge.
10. Don't drink more than you intend. Enjoy wine at restaurants? Order by the glass rather than the bottle. You'll be less likely to overdo it.

Quarter 2

CUT THE FAT - Now that you have a handle on some healthier eating habits, take on the most common enemy of a good diet: fat.

1. Choose lean protein sources. Among the lowest in fat is skinless chicken and turkey breast, port tenderloin, fish and low-fat tofu.
2. Switch to low-fat cooking staples. These include nonstick cooking spray; powdered egg whites or egg substitute; low- or nonfat varieties of milk, cheese, sour cream and mayonnaise; and defatted chicken or vegetable

broth.

3. Invest in one or two low-fat cookbooks. Be sure to choose a book that matches your cooking style (such as simple and quick), includes nutritional information and contains recipes you'd really eat.

4. Gradually increase your low-fat-cooking repertoire. Learn how to make one new dish a month. Choose recipes that provide nutritional information and provide no more than 30 percent of calories from fat.

5. Cut the fat in three of your favorite recipes. For example, try using applesauce instead of oil in baked goods like muffins and cakes. Substitute two egg whites for each whole egg called for in a recipe, or use evaporated skim milk instead of cream in sauces and casseroles.

6. Switch to 1 percent or nonfat milk. You'll save at least six grams of fat and 55 calories per eight-ounce glass compared to whole milk.

7. Use low-fat bread spreads. On sandwiches, use low-fat mayonnaise or mustard. On toast, use preserves. If you've got to have low-fat butter or butter substitutes, check the label first. Some claim to be low-fat but contain more than two grams of saturated fat per serving.

8. Try new low-fat or fat-free foods until you find ones you like. To make the biggest impact on your diet, focus on replacing the foods you eat most. Typical examples include cheese, chips, hot dogs, mayonnaise and sour cream.

9. Check food labels. Don't assume that vegetarian or "health" foods are low in fat. Look at those fat-gram stats. A low-fat food has no more than three grams of fat per serving, three grams per 100 calories if it's an entree.

10. Invest in one piece of low-fat cookware. Nonstick skillets, griddles and saucepans can help you eliminate the need to use oil when cooking.

Quarter 3

START VEGGING OUT - Most individuals don't eat enough fruits and vegetables. By the end of this quarter you'll be eating at least five servings a day.

Remember that this is a minimum; nine daily servings is an even better target. You don't have to eat five to nine different vegetable or fruits. Rather, focus on daily totals. For example, a half-cup of cooked vegetable is one serving, so if you eat 2 1/2 cups of cooked broccoli at one sitting, you'll meet your quota.

1. Add a fruit or vegetable to your lunch. That doesn't mean an order of french fries. In restaurants, juices, soups and salads are easy ways to incorporate them.
2. Try a new frozen vegetable. They can be just as rich in nutrients as fresh produce, sometimes even more so.
3. Eat at least one deep yellow and one dark green vegetable daily. This increases your chances of obtaining all the nutrients you need.
4. Discover new ways to make vegetables appealing. For example, season them with lemon juice or fresh Parmesan cheese. Or add minced garlic or onion.
5. Try one new recipe a month in which vegetables or fruit are the main ingredient. Examples: pasta primavera, or broccoli with a low-fat cheese sauce.
6. Keep a bowl of seasonal fruit at home or in your office. Include varieties that will keep a long time, such as apples. Buy fruits like pears and melons at different stages of ripeness so they'll be ready to eat when you are.
7. Stock your freezer and pantry with backup supplies. Keep fruits canned in their own juice, frozen vegetables without butter or cream sauce, tomato and vegetable juice. Grapes and peeled bananas are great frozen.
8. Incorporate vegetables into your favorite meals. For example, thaw frozen chopped spinach and layer it into lasagna, or shred carrots and add them to spaghetti sauce or chili.
9. Add fruit to your breakfast. Have sliced bananas on cereal, berries over waffles or pancakes, or just a glass of orange juice.
10. Appease a sweet tooth with a fruit- or vegetable-based dessert. Good choices: low-fat pumpkin pie, fruit cobbler or fresh fruit toppings over nonfat yogurt.

Quarter 4

LEARN TO LOVE WHOLE GRAINS AND BEANS. If you're a typical American, you're not eating enough whole grains, which means you're being shortchanged nutritionally. Ironically, if you've been focusing on low-fat food, you may actually be eating more refined foods made with white flour instead of whole wheat.

1. Buy high-fiber cereals. Choose varieties with at least four grams of fiber per serving.
2. Choose breads that list whole wheat or other whole grains as the

primary ingredient. Don't be fooled by the term "wheat flour." It's a smoke screen for white flour.

3. Remember that bagels and tortillas are bread, too. Choose whole-wheat varieties or, if you prefer other types, rotate in other whole-grain breads, such as bran muffins or whole-grain rolls, whenever you can.

4. Incorporate whole-wheat flour into your favorite recipes. Pancakes, waffles, muffins and brownies can all be made this way. Try a ratio of one part whole-wheat to one part all-purpose flour. For a finer, less grainy texture, use whole-wheat pastry flour, available at health-food and some grocery stores.

5. Mix two tablespoons of wheat germ into your food every day. It's not only a show grain but a great source of vitamin E, an important nutrient most people who eat low-fat don't get enough of.

6. Make your energy bars count. Be sure to choose varieties with a least three grams of fiber.

7. Eat a new whole grain with dinner. If you like brown rice, you'll be amazed how delicious some lesser-known whole grains like wild rice, bulgur and buckwheat can be.

8. Know that big snacks come in small, whole-grain packages. If you need a snack, any of the following foods can fill you up as well as they meet your daily quota for grains. One serving can equal just for whole grain crackers, a small whole-grain roll, or half a whole-grain bagel or English muffin.

9. Switch to whole-grain pasta. Keep in mind that regular pasta is the nutritional equivalent of white bread.

10. Give dried beans special attention. Technically legumes, not grains, one cup of pinto beans, black beans or split peas provide 100 percent of your folic acid needs and more fiber than a bowl of whole-grain cereal. Aim to eat beans at least three times a week. Great-tasting sources include burritos, bean soups, garbanzos, hummus and bean dip.

-Above section influenced by Evelyn Tribole a registered dietitian and nutrition therapist in Beverly Hills, California, and author of Healthy Home-style Desserts.

V. EXERCISE

A. The body is all we have to function with while we are here on this planet. It is what we do or work with, it is what we think with, it is what we care with, it is what we love with, it is what we help others with and it is what we ache with.

B. An oft time quote you hear. “Youth is wasted on the young”. It is not until you are a little older and your body starts to slow down and you have a few aches and pains and some parts don’t work like they used to, that you have the intelligence to understand what is meant by this statement.

C. But I have many clinical studies that have shown that if we keep active we can reduce the aging process and pain.

D. First to reduce pain a specialist suggests:

1. Eat a balanced, low-fat, low-sugar diet, making sure you get enough vitamin C, Vitamin E, zinc and selenium.

2. Exercise 20 to 30 minutes three times a week. Start slowly, work consistently and rationally; proper form is vital. Bounce Back The Fitness Chair is an Ideal non-impact exercise.

3. Practice deep-breathing techniques. Open up those lungs and get oxygen and lymphatic fluid through each cell of the body.

4. Avoid tensing muscles to brace yourself against pain. This common response can lead to a “pain-spasm-pain cycle.” Relax when you exercise.

5. Muscles can tear or pull, especially as we get older and the fibers are less resilient; this kind of pain can last for years.

E. Aging and weight - It seems that as we age pounds seem to just jump on. And they do in it various areas. What is your ideal weight? This depends upon what you want. There are a lot of formulas for the correct weight. But the one I like is a measurement of what is your Body Mass Index or BMI. While many weight researchers caution against using standardized tables to determining whether a person’s weight is “healthy,” the Body Mass Index can be a helpful guide. A BMI of about 25 is considered “normal,” while a number above 27 means you could be at risk for weight related health problems. Keep in mind, however, that BMI doesn’t account for either muscle mass or body-fat distribution. Muscular persons with little body fat may come out above the normal range. This chart was developed by George Bray, MD, makes figuring your BMI simple. Look down the left column to find you height then look across that row to find the with nearest your own. The number at the top of the column is your BMI. If you want to loose weight you must cut the calories and increase the exercises.

After the age of 30 we begin to lose muscle mass. It is approximately 6-7 pounds of muscle mass per decade. When we lose muscles mass the cells shrink and the metabolism slows thus we gain weight unless we increase activity. And where a pound of fat needs only two calories a day to

maintain itself, a pound of muscle (at rest) requires over 35.

Another important consideration when we look at our bodies is where the fat is collecting. They call this distribution or the Hip to Waist Ratio. You can obtain this by dividing your waist circumference by your hip circumference. Heart disease increases when for men it is above 0.95 and for women 0.80.

F. AGING AND EXERCISE -

1. Do something. Some ease off on exercise when they get older. Physiologists say you need to increase your exercise level to offset the effects of age. So just walk, run, swim, bike, garden or anything else you like. The key issue is to get the muscles moving and the heart rate up.

2. Increase heart rate. 220 minus your age equals maximum target heart rate. You want to exercise when your heart rate is in the calories burning range of 60 to 75% of that maximum target heart rate. Example:

220

-40 Year old person

180 Maximum target heart rate

60% Target Heart Rate %

108 Pulse rate per min.

(count heart beat for 6 seconds then multiply by 10)

3. How a muscle works. The saying “if you don’t use it you will lose it” plays such an important part in muscle development, improve mobility and reduce pain as you age. The American College of Sports Medicine recommends that healthy adults should train from three to five days per week at a 60-90 percent maximum heart rate for a period of 20 to 60 minutes. Age in itself is not a deterrent to endurance training or muscle movement. Indeed, many age-related complaints stem more from physical inactivity than from the aging process. Functional declines can be prevented or greatly minimized by moderate or even mild regular exercise. A committed effort will reduce body fat and coronary risk, increase bone strength and muscular endurance and enhance psychological well being.

4. Inter-body work. So often people forget to exercise their inter-body. What I am talking about is the cells, lymphatic system and all the organs. These need exercise. Our body is 60-70% fluid and the lymphatic fluid is the largest portion responsible for grooming and maintaining the over 100 trillion cells, collecting interstitial fluids, circulating these fluids around the body, and filtering out the impurities. It has no pump so the only way it does its important job is through movement or exercise.

V. "BOUNCE BACK" THE FITNESS CHAIR

We have talked about a lot of things. How to check our attitude, how we need to improve our nutritional intake, and the importance of exercise.

A. Allfit Enterprises, LLC has developed what I think the most progressive exercise concept this decade. You must experience the feel of "Bounce Back" The Fitness Chair! Click on this link see a demonstration of "[Bounce Back](#)" The Fitness Chair.

1. Try these exercises in "Bounce Back" The Fitness Chair, which will improve the following:

- a. Tone & Build Muscles
- b. Zero Impact on Bones & Joints
- c. Cardiovascular Improvement
- d. Activates Lymph Flow
- e. Reduces Stress
- f. Weight Loss
- g. Increase Circulation
- h. Increase range of Motion
- i. Adapted to your Fitness Abilities
- j. Safe and Fun

VI. THANKS AND BEST OF HEALTH!

Allfit Enterprises and its independent distributors of "Bounce Back" The Fitness Chair make no medical claims, expressed or implied. Suitable application of "Bounce Back" The Fitness Chair is solely the responsibility of the individual user. PLEASE CONSULT YOUR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE PROGRAM.