

# PVBM Healthfirst

presents

## WHY EXERCISE PROGRAMS FAIL & HOW YOU CAN WIN A LONG STORY MADE SHORT

The following is a series of excerpts from our workshops describing principals necessary to make desirable lifestyle changes.

### Before You Start

SEE A PHYSICIAN. The "Gatekeeper" of tomorrow's Healthcare is your family doctor. Getting to know him now can greatly reduce your future medical costs.

### Nutritional Considerations

It is estimated that nutrition is 70% of your exercise result. Have you ever seen that guy or gal who works out all of the time but never looks any different? Guess why. If you have a nutritionist you could see he/she, but there are many sensible books at your bookstore.

### Weight Loss

Effort toward weight loss is not complete unless accompanied by a total lifestyle change. We offer two insurance paid programs that include many lifestyle enhancement features that focus on your success in the first 90 days. How does physical therapy play a role in weight loss? Unfortunately, many overweight people have physical problems caused by excessive weight, which may include back, neck, or knee problems. In many cases, it is the limitations that keep the person from being able to exercise.

### Setting Realistic Goals

I have noticed that the further out of shape a person is, the more unrealistic their goals seem to be. Don't set a single long-term goal but rather a set of small goals so that you might experience a long series of successes rather than one big failure. This approach allows you to build confidence as well as make periodic adjustments to your program. We never allow a person to set a goal beyond 3% bodyfat and 10 pounds of weight change. As an individual can expect to lose 2% bodyfat per month and two pounds of bodyweight per week, your intermediate goal would never exceed six weeks.

### Starting an Exercise Program

Before you start an exercise program, make a promise to yourself to be consistent in your effort. Most programs fail because the individual creates an unrealistic time commitment to exercise. Start with 20 to 30 minutes three times per week but BE CONSISTENT. Then follow the 10% rule: change your program every two to four weeks but never increase duration and intensity at the same time.

### Words of Wisdom

Remember, you didn't get out of shape overnight. Psychology tells us that it takes 30 days to establish an activity, 90 days for that activity to become a habit, and one year for that habit to become a LIFESTYLE. Expect to feel better the first month, notice that you look better in the second month, and have your family and friends notice that you look better in the third month.

### How To Burn Fat

Though fat needs oxygen to burn, the optimal zone in which to burn fat is achieved by exercising just the "friendly" side of being out of breath. Reading the newspaper while on the stationary bike may kill two birds with one stone, but has limited effect on fat burning. This "zone" of exercise also applies to resistance training. If you are going to take the time to do your workout - DO IT RIGHT! It takes no more time; usually less.

## The Importance of Resistance Training

In a recent study, 100 people who had never exercised were split into two groups. One group weight trained only, and the other performed cardiovascular exercise only. After three months both groups were tested for improvement in aerobic capacity and reduction in bodyfat. The results were quite surprising. The weight training only group had an 83% greater improvement in the tested areas. This led the American Heart Association to indicate that in exercise we should view resistance training as our salary and aerobic conditioning as our bonus. How could this be?

When you perform a resistance exercise, major muscles are moved against a variable resistance. This movement requires blood flow, which contains oxygen. The more resistance and the shorter the rest, the more blood and oxygen is required. Unlike most cardiovascular exercise, this "combustion" creates heat within the muscle groups used, which remains for long after exercise has stopped. Because a calorie is a measure of heat, as a result of the resistance training, your body continues to burn calories even when at rest thus raising your metabolism.

## How to Develop Lean Mass

To build muscle you must, over time, progressively overload the muscles. The body has a remarkable ability to adapt to change. For optimum results, with the least risk of injury, you must stay at the edge of your Fatigue/Tension Threshold. This method of exercise allows you to fool the muscle into thinking the weight that you are lifting is much heavier than it is. To accomplish this you must keep rest between sets short (5 breaths) and your weights carefully monitored. For a simplified example, if your goal is to lift 8-10 reps, you should lower the weight if you can only make 8 and raise the weight if you can make 10.

## How to Develop Your Abdominals

As your abdominals attach to your rib cage and pubic bone, only exercises that shorten the distance between those two structures can work. Do not use jerky motions or anchored body parts. Remember, weighted exercises develop muscle mass and the abdominal area is not a desirable place for this to happen. The abdominals should always be worked in the order in which they fatigue; lower abs, obliques, rectus, upper band. Please see "Training Your Abdominals" sheet enclosed.

## The Importance of Stretching

All things being equal, the most flexible athlete will always win because he/she is able to deliver the most force with the greatest speed. Stretching will make you feel great and help prevent injuries in a very short time. Loosen up before exercise-stretch for flexibility after exercise.

## Constructing Your Exercise Program

Warm-up, weight training, cardiovascular activity, abdominals, and stretch. Doing cardiovascular activity after weight training will help you to recover more quickly as the blood and waste products from exercise (pooled in your muscles) are cleansed through the cardiovascular system. The stretch at the end will increase flexibility and further remove waste products from the muscles.

## A Breath of Fresh Air

Our body can live without food for only a short time; without water even less. But OXYGEN is in constant demand. Oxygenate your body with the following exercise:

INHALE FOR 2 STEPS TO RECEIVE OXYGEN HOLD FOR 8 STEPS TO FORCE OXYGENATE THE SYSTEM EXHALE FOR 4 STEPS TO EXPEL TOXINS
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