



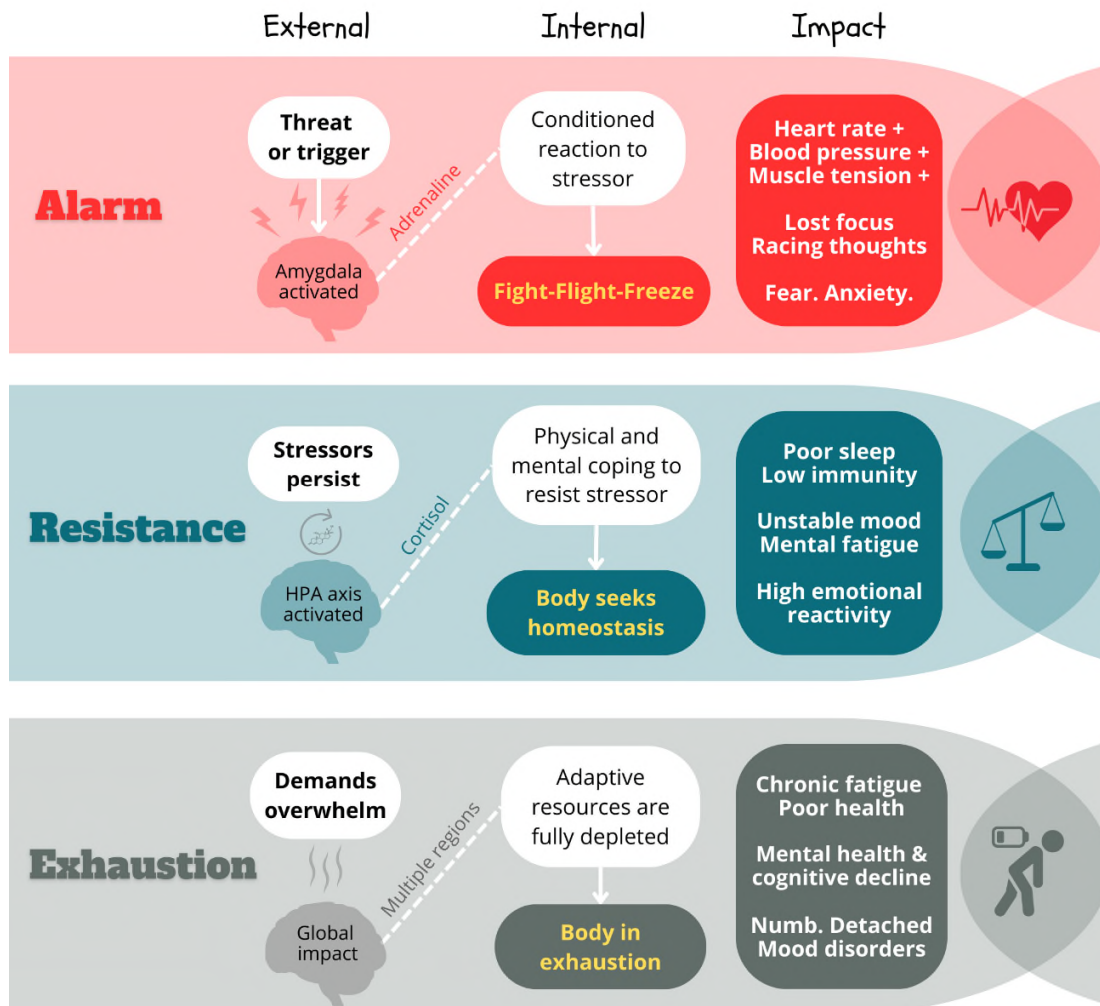
Stress and Exercise

Educate Yourself:

How do YOU define stress?

Can there be good stress as well as bad stress?

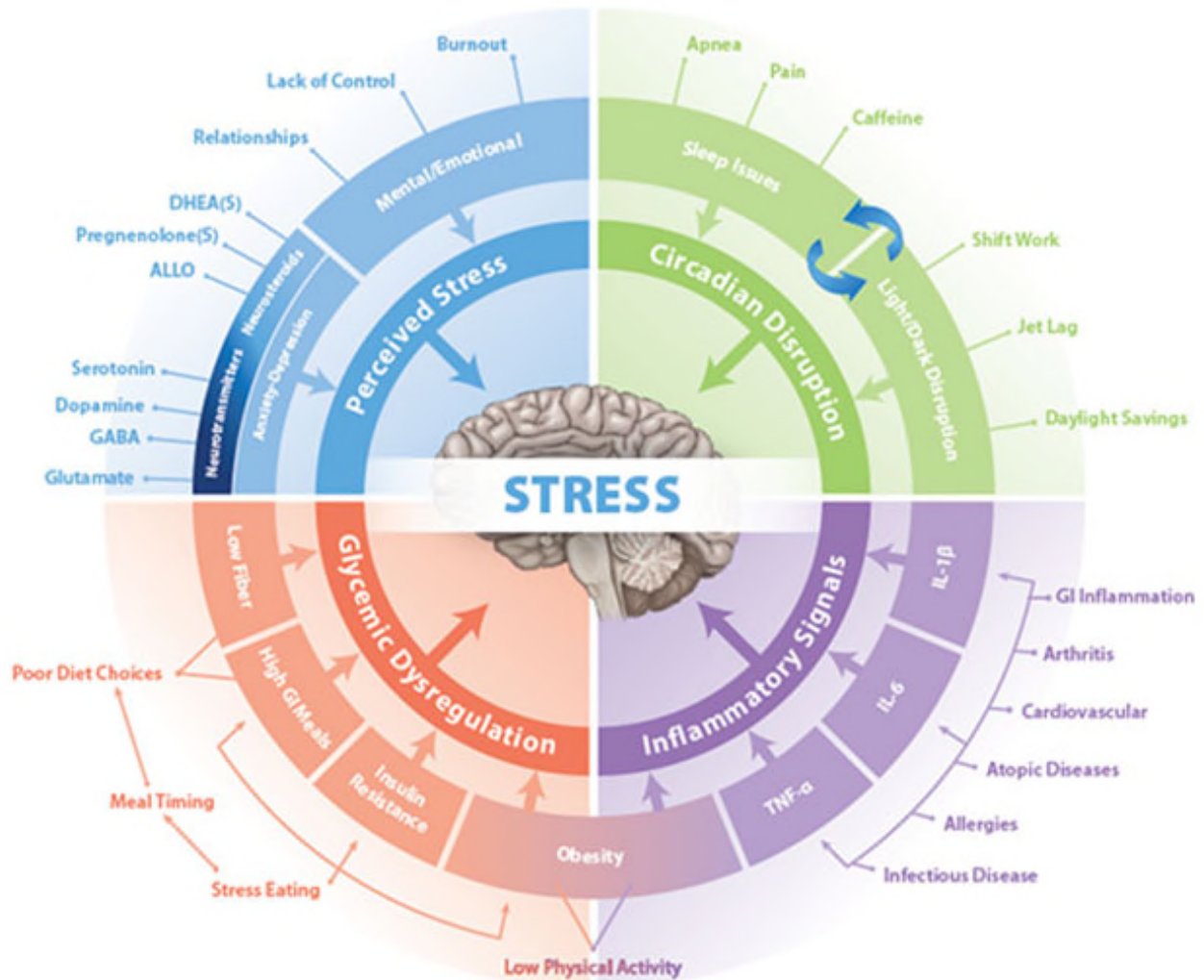
Stages of Stress



 **Derek Hill**
wakingwaves.com/words



Is There More To It? Yes.



It's very complicated, and always with multiple things coming into play.

Physical / environmental stressors that are often ignored.

- Nutrient Deficiencies
- Rancid PUFA Overdose
- Toxic Metal Buildup
- Sun / Red Light Deficiency
- Electromagnetic Frequency (EMF) exposure
- Neurotransmitter Deficiencies
- Parasites
- Chemical Exposure
- Blue Light Excess

All of these things cause “stress” on the body.

Managing Stress

The bottom line is that YOU are responsible for your recovery.

Identify the challenging things going on in your life, then use these ideas and tools to create a better future for you and your family.

What Gives Energy?



- Learning new things
- Simplifying things
- Positive thinking
- Healthy food
- Socializing
- Meditation
- Movement
- Gratitude
- Sunlight
- Nature
- Music
- Sleep
- Rest

What Drains Energy?



- Fear
- News
- Stress
- Clutter
- Alcohol
- Fast food
- Self-criticism
- Overworking
- Lack of sleep
- Procrastination
- Social networks
- Negative thinking
- Dwelling on the past

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.





MEDITATION
BREATHING
VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.





WORKING ON A PROJECT
ARTS
PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.





JOURNALING
SELF-MONITORING
COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.





NUTRITION
RELATIONSHIPS
EXERCISE



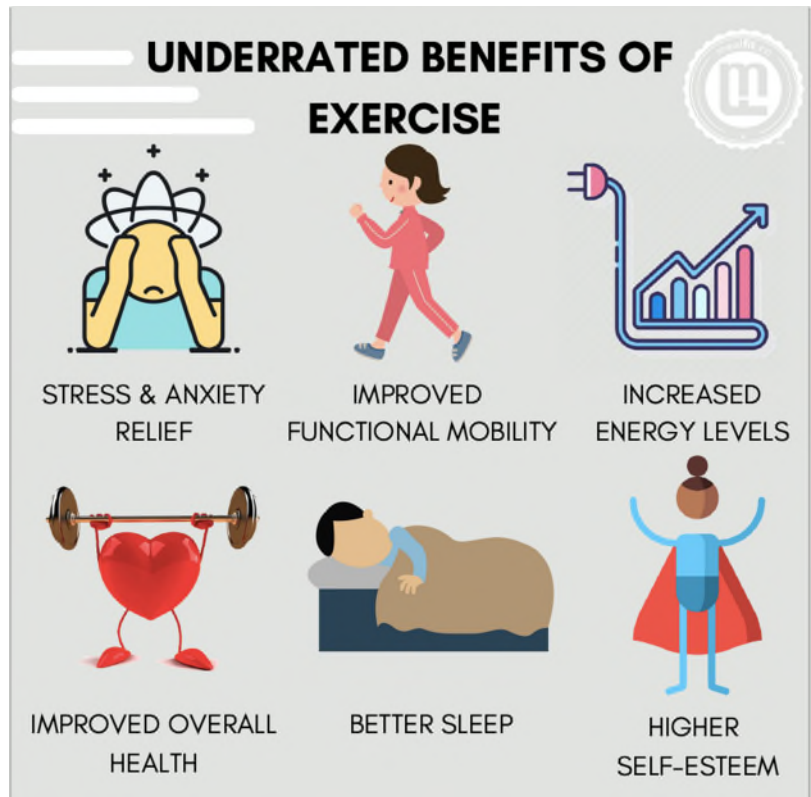
www.nicabm.com © 2020 The National Institute for the Clinical Application of Behavioral Medicine

Adapted from Shelly Harrell, PhD

Fitness and Exercise

**Most people exercise to LOSE something.
We should choose to exercise to GAIN something.**

Not much needs to be said! These sections fit hand-in-glove.



The Goal of any Fitness Program Should be to Improve Bone Strength



Osteoporosis CAN be reversed without drugs.

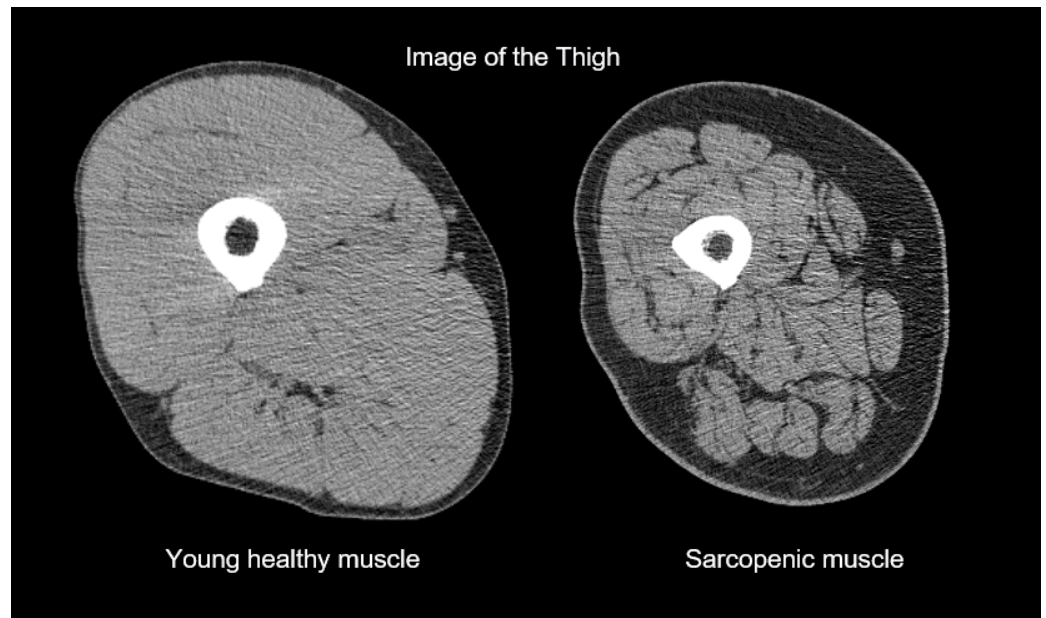
You need **MOVEMENT** and **MINERALS** – NOT just calcium.

“Bone building drugs” actually make bone weaker.

The Goal of any Fitness Program Should be to Reduce Sarcopenia

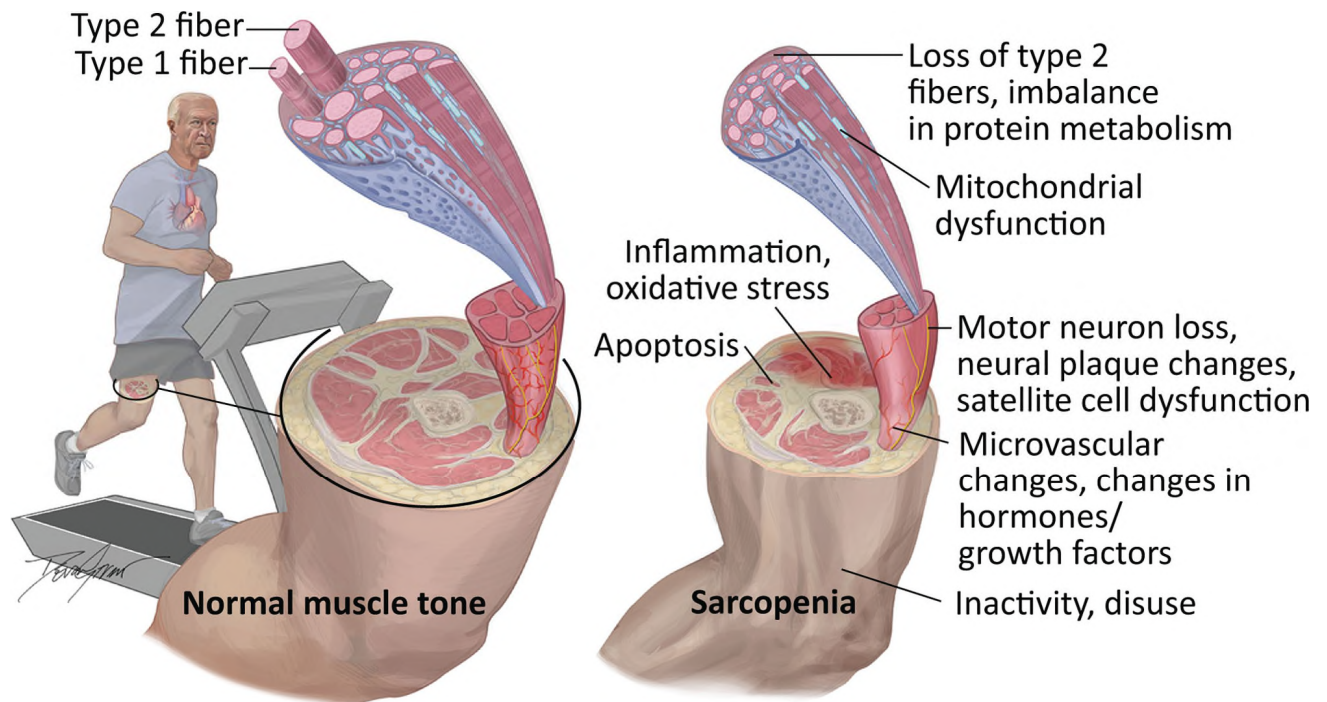
Sarcopenia is literally the loss of skeletal muscle mass and function. Sarcopenia can happen at ANY age!

To raise awareness, in 2022, the World Health Organization declared that July 4th would be known as “World Sarcopenia Day.”



DEXA scan of the thigh. blogs.deakin.edu.au/deakinnutrition/2019/07/04/what-you-need-to-know-about-the-new-muscle-disease-sarcopenia/

What Happens When We Lose Muscle?



<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.123.064071>

What are the Ramifications of Sarcopenia? And Can It Be Reversed?

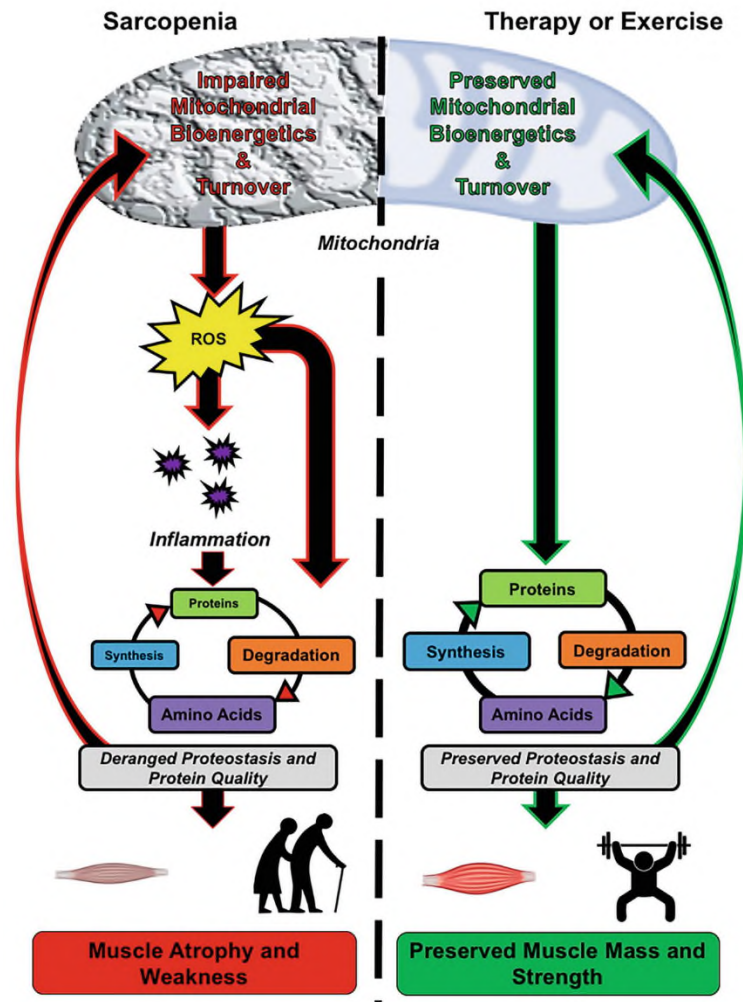
Graphic from: www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2018.01883/full

Reversible? YES!

But,
AVOID
“Chronic Cardio”
like running

The costs of chronic (repetitious) mid- and high-level aerobic work (from Sisson):

- decreases efficient fat metabolism
- increases stress hormone cortisol
- increases systemic inflammation
- increases fibrosis (scar tissue formation) in the heart
- increases oxidative damage (free radical production)



We Were Made to MOVE!

Avoid prolonged sitting. Try using a standing desk or pace while on the phone.

Do low level aerobic work: walking, hiking, cycling, swimming, but do it with intensity.

Benefits (from Sisson):

- increases capillary network (the small blood vessels that supply the muscle cells with fuel and oxygen)
- increases muscle mitochondria
- increases production of fat-burning and fat-transporting enzymes
- more fun, because you can talk with a partner while doing it

Choose Resistance Training

8 Health Benefits of Resistance Training

What is Strength Training?

Also referred to as Weightlifting or Resistance training, it is a way of exercise that uses external resistance like weights or bands, against which we push or pull.

Impact on Health

Resistance training offers a ton of health benefits. From cardiovascular health, to brain performance, muscle growth and strength gains, there are a dozen ways lifting ways may improve your performance, both mentally and physically.



✓ Muscle Mass & Strength

causes micro-tears in the muscles, which after proper regeneration, leads to increase in muscle mass and strength



✓ Fat-Loss Acceleration

Increases calorie burn by inducing EPOC effect, which stands for Excessive-Post Oxygen-Consumption that burns more calories afterwards.



✓ Brain Performance & Mood

as it helps preserve muscle mass, it can positively affect aging & brain health as well, initiating functional brain changes that favour better cognition and reduce white matter atrophy.



✓ Anti-Inflammatory

although it does increase inflammation acutely, in the long-term the body of an active person has superior inflammation-fighting mechanisms



✓ Boost Energy Levels

training increases energy expenditure and the body's efficiency in using fuel



✓ Posture & Confidence

weightlifting can help you straighten your back and develop better muscular frame that builds up confidence and improves self-image.

✓ Faster Metabolism

may speed up your metabolism, which leads to increased calorie burning.

✓ Boosts Libido

weightlifting has been associated to significant increase in Testosterone, Human Growth Hormone and other hormones related to anabolism, libido and energy.

✓ Bone Density

weightlifting can increase bone density and stimulate bone growth and regeneration, and build up or condition your connective tissue for higher resilience.

✓ Balance & Control

used in many different sports, for athlete conditioning, it is by far one of the best ways to improve stability and balance if trained properly.



www.vitalscend.com/20-health-benefits-of-strength-training-on-health-fitness/

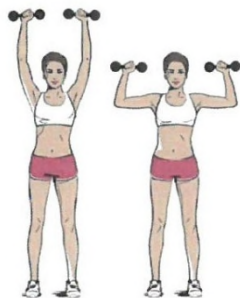
Try this 6 Minute Workout

Squats,
keep your
knees
behind
your toes.



Arms out front then
alternate up, down,
up, down.

Arms like
jumping jack,
but **arms only**.
Don't jump.
Up in back,
down in front.



Shoulder
press. NO
weights
initially.
Arms only,
up and down.

Keep your mouth closed. Breathe through
your nose to increase nitric oxide. Start
slowly and work your way up to 2 sets of 10,
twice a day. Even doing one set of 10 once
a day will be a benefit!

Take Action:

1. Identify 3 things that are stressful for you. Create a plan to modify the impact it has on you or remove those from your life.

2. Incorporate strategies to help you deal with the stress:

3. Identify 2 ways you can incorporate more movement into your daily routine.

4. Start doing the 6 Minute Workout every day. If you have not been active, start with just 1 set of 10 per day.

Resources for Further Study:

Hahn, Fredrick; Eades, Michael; Eades, Mary Dan (Broadway Books, 2005)

The Slow Burn Fitness Revolution; The Slow-Motion Exercise That Will Change Your Body in 30 Minutes a Week.

McGuff, Doug; Little, John (McGraw-Hill, 2009) *Body By Science; A Research-based Program for Strength Training, Body Building, and Complete Fitness in 12 Minutes a Week.*

Mercola, Joseph (February 6, 2015; Mercola.com) Even if You Exercise, Sitting Eight Hours a Day Significantly Increases Your Risk of Dying From Any Cause

Mercola, Joseph (May 11, 2012; Mercola.com) If Running Marathons Is So Healthy Why Do People Die Running Them?

Sisson, Mark (20 June 2014; MarksDailyApple.com) A Case Against Cardio (from a former mileage king).