Exercise

Include cardiovascular and resistance training, along with stretching, in your exercise program for balance.

Cardio- *"Let your heart be the guide."*
This can be taught to anyone and it gives them an easy starting point for exercise. The target heart rate zone is determined based on age, and there will be a graph that comes with the heart rate monitor.

Start with increasing the heart rate 40% for 30 minutes, 2-3 times per week. When that becomes easy or the person is ready to move to the next level, increase to 60% heart rate for 40 minutes 2-3 times per week and then, finally, 80% heart rate 2-3 times a week for 50 minutes. Exercise that is too intense or too long (over 50 minutes) will cause the body to release cortisol, which is released in reaction to stress. The body will then hold onto weight. A heart rate monitor lets you enjoy the benefits of exercise, doing whatever you enjoy (e.g., walking, biking, swimming, hiking, running, etc.). Monitoring your heart rate ensures that you will have an effective workout without stressing the body.

Some of the many benefits of cardiovascular exercise:
• Gets **the lymphatic system** moving
• Improves bowel movements and sleep patterns
• Detoxification increases in every organ of the body
• Strengthens and tonifies the heart ("If you don't use it you lose it.")
• Keeps the body producing hormones that slow the aging process
• If done properly, helps to balance pH (use a heart rate monitor)

Resistance Training What is resistance training? It is done through the use of weights, weight machines in a gym, circuit training, resistance bands and exercise balls, yoga, etc., basically using your muscles. When we apply resistance to a muscle it responds by building more muscle.
Ever wonder why elderly people end up with soft, saggy tissue? One of the reasons is poor assimilation of protein in the diet. The body is made up of protein; DNA, molecules, cell, tissue and muscle are base in protein. If there is inadequate protein consumption or poor assimilation, the body will pull protein from the synovial fluid in the joints from lean muscle mass, etc. Again, if you don't "use it" and supply it with needed nutrients, muscles diminish in the body.

Resistance training helps to maintain and rebuild lean body mass or muscle. The more muscle you have, the faster your metabolism, which means you can eat more food if desired, but detoxification properties will work better as well. For maximum benefit, do 2 to 3 days per week with a rest day in between

Stretching This should be done at the end of an exercise program when the ligaments and tendons are nice and warm.

Where can you find more information: • Books and tapes • Local gym • Personal trainer (make sure they understand the effects of cortisol) • www.efitness.com. This **Tebsite** helps you determine an exercise program based on your age, schedule and equipment on hand. The program changes daily, so it stays interesting.