

# Exercise: Why bother?

## How did we get here?

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### Special points of interest:

- ?? How did we get to be in this poor state?
- ?? Why is exercise so vital for your mental and physical health?
- ?? The Miraculous Body
- ?? The best exercise programme in the world
- ?? Motivating yourself for life
- ?? Physical Fitness and Longevity
- ?? The most Powerful medicine you can find
- ?? Getting started: Reasons come first
- ?? Getting Inspired: Making it Fun
- ?? The seven components of Exercise
- ?? Getting Results
- ?? Resources and good reads



What a change can overtake the world in a lifetime! Not long ago, there were few tractors on farms, coal had to be dug out of the ground by hand, ships unloaded one sack at a time and washing had to be washed and dried by hand. In other words, most people had to work hard physically all and every day. Gyms and dumbbells were strictly for obscure circus strongmen, the rest of us were only too glad to sit down after a long physically exhausting and demanding day.



In just a few decades all that has changed. As the unforeseen consequence of the banishment of physical drudgery through automation, with most of us now following more sedentary occupations, we face a new epidemic, of **sarcopenia**. This is the overall weakening of the body caused by change in body composition in favour of fat and at the expense of muscle.

## Miraculous wisdom

Our own human body is, without doubt, the most complex and possibly, the most miraculous thing in the universe. Nothing compares with its magnificent design. As you read this 2.5 million red blood cells are being made every second within your bone marrow in order to keep your body cells supplied with oxygen. Meanwhile, today you will produce 10 litres of digestive juices to break down the food you eat.

There are over 300 different strains of bacteria and other micro-organisms in your gastrointestinal tract, as unique to you as your fingerprint. Their total number exceed the number of cells in your entire body. Did you know that your brain allows your heart to beat over 100,000 times a day? It pumps 5,000 litres of blood a day through a network of blood vessels that stretch over 60,000 miles. You've got a pair of eyes that instantly make over 10 million different colour distinctions. All of these processes are being run in your body without your even having to think about it!

Our body is made up of 66 per cent water, 25 per cent protein, and 8 per cent fat with the rest being made up of carbohydrate plus minerals and vitamins. However, stick all these together and we could never make a human being. The magic is that this 'hairy bag of salty soup' is so much more than its constituent parts. What a wonderful thing the human body is! And how we take its miraculous wisdom for granted.

You'd have to be living on the moon not to know by now that if you have a body, exercise is really mandatory if you want both your body and your mind to work to their full extent for the whole of your life.

Like quitting smoking, everyone now knows they probably need to move their bodies more intensely and more often than they do. It's an easy thing to know this fact, it's a much harder thing to motivate yourself and construct a plan, in a busy life, to insure that it happens -regularly, with pleasure, growing benefit and satisfaction for the rest of your life.

That is what this sheet is about. Helping you find, or remember the lost habit and passion of movement.

If you were paralysed what wouldn't you give to be able to just stand up and walk out of the room, let alone scratch your nose, play a game or dance a jig.

It is a strange fact that children automatically move and run about, but the constraints of adult life often curtail this natural spirit of play within us. Now is the time to change that!

## Benefits of Exercise

### Musculoskeletal System

- ?? Increases muscle strength
- ?? Increases flexibility of muscles and range of joint motion
- ?? Produces stronger bones, ligaments and tendons
- ?? Lessens chance of injury
- ?? Enhances posture, poise, and physique

### Heart and Blood Vessels

- ?? Lower resting heart rate
- ?? Strengths heart function
- ?? Lowers blood pressure
- ?? Improves oxygen delivery throughout the body
- ?? Increases blood supply to muscles
- ?? Enlarges the arteries to the heart

### Bodily Processes

- ?? Improves the way the body handles dietary fats
- ?? Reduces heart disease risk
- ?? Helps lower blood cholesterol and triglyceride levels
- ?? Raises levels of HDL, the "good" cholesterol
- ?? Helps improve calcium deposition in bones
- ?? Prevents osteoporosis
- ?? Improves immune function
- ?? Aids digestion and elimination
- ?? Increases endurance and energy levels
- ?? Promotes lean body mass; burns fat

### Mental Processes

- ?? Provides a natural release from pent-up feelings
- ?? Helps reduce tension and anxiety
- ?? Improves mental outlook and self-esteem
- ?? Helps relive moderate depression
- ?? Improves the ability to handle stress
- ?? Stimulates improved mental function
- ?? Induces relaxation and improves sleep
- ?? Increases self-esteem

### Longevity

- ?? For every hour of exercise, there is a two-hour increase in longevity



OK, OK, I get the message!

## Healthy Benefits: More than you might think!

Most of us know that much of our bone destiny is laid

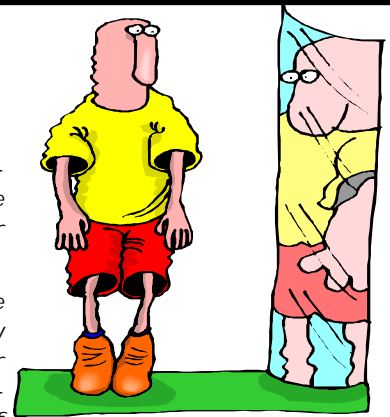


down before we are 20. and that a good diet and exercise, particularly weight-bearing exercise, provides an excellent foundation for future good bone health.

What is not perhaps so well known is the enormous and

myriad benefits that exercise gives throughout life but, particularly, the older you get?

It is not only your sex life that can be enhanced by exercise. Did you know, for example, that a recent Harvard University analysis of 48 thousand men found the most physically active were 50 percent less likely to develop Parkinson's disease than the least active? Or that another 14 year Harvard study found that men over 65 doing at least three hours of running, cycling, swimming a week were at a staggering 70 per cent lower risk of being diagnosed with advanced or fatal cancer?



So from getting a strong slim body to having an excellent memory and staving off Alzheimer's disease right through to preventing heart disease, diabetes, osteoporosis and cancer, adding 8.0 years to your life if you are a man and 9.1 years if you are a woman, exercise wins hands down. The big question is, with 200 million Europeans overweight, why 70% of us don't bother?

## Making the change: forming a Plan

WE are all so pressed for time, how can we fit exercise in to our busy lives?

The first step is to get clear that these facts most probably also apply to you. The next step is to get motivated and form a plan.

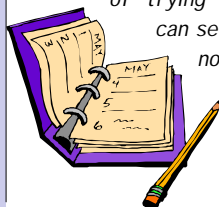
No matter who you are, no matter what you do, you absolutely, positively **do** have the power to change your present situation.

One of the keys is a flexible approach.

### Belief Change

We may need to change the beliefs and habits of a life time to start building regular, physical exercise into our life.

However if you are overweight, have painful joints and/or are suffering from some debilitating medical conditions the prospect of trying to move more can seem daunting, if not impossible.



So perhaps, while not enthusiastic, you'd agree, that you probably need to move your body more often if you are to reach your optimum health for the rest of a long and vigorous life.

### First Steps

Particularly if you are getting older, throw out the old idea that you should slow down and rest more! Of course, with age, we may not want to be up partying all night and naturally, we won't have the same levels of energy that we once had. However it is also true that your energy level is strongly connected to the amount of exercise that you are already getting. If you are not getting very much the chances are your energy levels are low. The more you exercise the stronger you get. The more your body reaches its optimum body fat percentage the more likely you are to have enthusiasm and energy for moving through your life.



### Reasons come first

The next important step is to spend some time clarifying your reasons for making these changes and building more physical activity into your daily life. Explore all the possibilities of how you can lead a more active life but, just as important at this stage, is why would you? What is in it for you? What could you get out of it, and what are your own personal reasons for making serious changes? Make a list, write it down, commit yourself to paper!

When you look at yourself do you like what you see? Are you confident, energetic, and strong? Forge a clear, optimistic, powerful vision for your future.

## The best Exercise Programme in the World.

So what is the Best Exercise Programme in the world?

As Jason Vale so rightly says, in his great book, **Slim 4 Life**, quite simply- **THE ONE YOU ENJOY DOING**.

Some ways to help make things happen are; set in stone 3-6 key times in your week to exercise. Make an appointment with yourself. Get a training partner involved if possible. Seek variety, make sure you find lots of ways of moving your body that you enjoy doing. Either for their sheer fun value, for how they make you feel, or for the great company you keep. Like a diet, a successful exercise programme is not

## The Seven Components of fitness



The best is the one you enjoy doing!

Did you know that three recent studies reported that just twenty minutes of walking a day reduces the likelihood of breast or prostate cancer by 20 to 44 percent?



just about what works if you stick to it. It is about what you can stick to that works.

The first step is to get clear that this applies to you.

The next step is to get motivated and form a plan.

No matter who you are, no matter what you do, there are **seven components of fitness** that seem to be important, not to being skinny, but to being healthy and so living longer and better. They are: **body composition, cardio-respiratory function, flexibility and range of motion, muscle strength, endurance, balance, and agility and coordination.**

## OK You've sold it to me, so what should I be doing? The three ways to Exercise

**First boost physical activity to boost energy.** Yes, this is the getting up and moving about part. Anything that uses your muscles. You know, gardening, dancing to your favourite music in the kitchen, taking the stairs, walking to the shop instead of taking the car. 40% of the health benefit from exercise can come from just boosting your overall activity.

**Second, build strength and flexibility.** Yes, don't underestimate the importance of this, especially for women. To protect bone mass and density women need to lift weights more than men! Strengthening your body against resistance is the thing that many people shy away from, thinking its only for body building nuts. Far from it, it protects by preventing injury and skeletal weakness.

**Third, build Stamina.** This basically means anything that makes you sweat and raises your heart beat. (Well yes sex is associated with lengthening your life by up to 8 years). Aim to burn up 3500 kilocalories a week, running, dancing, rebounding, biking, swimming etc. and so strengthen your, heart, lungs and your immune system.

## But I never liked sport and I hate gyms: Going for Bronze, Silver or Gold

Depending what level or health you want, you can decide on a **bronze, silver or gold standard exercise plan**. Almost anything regular and half active will take you above the low standard of the average. **Bronze** You just need to start. If you are very overweight, walking vigorously for 10-30 minutes a day is a good enough place to start. Maybe you would find it helpful to buy an inexpensive pedometer and measure how many paces you achieve each day? Start modest and build. If you want to go for **gold** you need to do more research and you will probably choose to join a gym and possibly even hire a trainer. Have a



Young or old, there is always a way to honour your marvelous body and enjoy the results. Just

look at Bill Phillips great inspirational book, **Body For Life**. Gaining control of your body can be a powerful way to gain control of your life.

Life style changes are now acknowledged to be the "First Line Therapy" for many of the major chronic diseases and causes of premature disability and death.

\*Are you truly fed up with how you now look/feel?

\*Would you be seriously interested in a step by step way of significantly increasing your chances of a fit and vigorous future life that lasts to a long and healthy old age?

\*Do you want to make some major changes in your well-being in the coming year and are you prepared to do what it takes and reap the rewards?

\*Would you like some experienced help to guide you and coach you along the way?

\*Are you hungry for change but not sure how to go about it and unsure of how to motivate yourself?

If the answer is yes to two or more of these questions then ask me more about my life changing **NEW LIFE COURSE** to address and transform your structure, biochemistry and emotions.

I have over 30 years of experience in helping people find the power and the means to change their lives and make the most of themselves.

Perhaps now is the time to go for Gold!

Clive Lindley-Jones

"Suffering is inevitable... misery is a choice".

Christopher Reeve

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We're on the web!  
Check out;  
[www.helixhouse.co.uk](http://www.helixhouse.co.uk)



Mark Parsons with wife Jan today accepting the club's "Greatest Looser 2007" award

### Death of our Lame Excuses

Take a good look at Mark Parsons above. In 2001 he won his clubs "greatest looser" award and lost 17 stone, while in a wheel chair. Then, run those lame excuses for *not* looking after yourself by me one more time!



Clive Lindley-Jones

If you decide to undertake this mission, remember, it is not impossible!

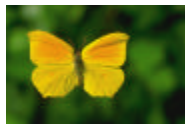


**"Conviction is worthless unless it is converted into conduct"** said Thomas Carlyle. So if you have made the decision to care for your body with what it (secretly) craves, regular exercise, (along with optimum nutrition) and you have some views on what will work for you, your next step is to build up some certainty that you will take **action**.

Remember the past does not equal the future. Don't get caught out just focusing on the activity. Focus on the **result** of this activity.

Think of the **reasons** why you want to get fit and healthy and change your body. Feel the 'juice', the excitement you will feel at changing your physical self. This is where your **drive** will come from. Ask, "why do I want this? What will it give me? How will it make me feel to produce this result?" Know what it will take to make this happen. Get reading, ask advice. Find someone who has achieved your goal and model them. Almost anyone **can** produce dramatic changes in their physical body if they have **the right drive wedded to the best strategies**. (See Mark Parsons below) Remember all stories are in some way about going from slavery to freedom. Write your own success story now in your mind, envision the end you want, see yourself clearly as you wish to become. Make the picture bright, powerful, compelling, turn up the sound, feel what you will feel with that desired body, now see the gap between where you are now and where you will be.

This is where your action plan comes in. Start by getting coaching from us at Helix House to see what is possible and do-able at your age, or consult anyone you trust, who can measure things for you, give you good, helpful, knowledgeable advice. Measure as much as you can. What is your body fat percentage? Your BMI? What do you need to do to get from where you are now to where you want to be?



While your body is important to you while you are on this earth, it is not the **most** important thing. It may help to realise that getting fit is a wonderful metaphor. Here is a game of transformation. Just decide to play the game full out for three months and see what you get out of it.

## Strategies, Ideas, Books and Resources

So do your research, get your vital statistics and, best of all, get your friends and family co-opted into the project and get excited. Set yourself a target, make it public, form a plan, and get going. You won't be disappointed. Surprisingly you might even find exercise healthily addictive one day. There are few things as motivational as seeing and being the creator of your own physical transformation. If you can change your whole body, your energy and the way you feel what couldn't you do in your life?

Here are just a few books to help you on your way.

**Body for life: twelve weeks to mental and physical strength** by Bill Phillips. While this can look a little bit glossy and off-putting to some,

Bill Phillips has de-

signed a twelve weeks course of transformation and has a number of photographs of ordinary people who've transformed their bodies in just three months with a clear outline of how you too can achieve similar, often quite dramatic transformations in your physical looks & well being.

**Younger next year-turn back your biological clock: a guide to living like fifty until you are 80 and beyond** by Chris Crowley and Henry s. Lodge M.D. This is a great and inspiring book, particularly for anyone in their 50's and beyond, wondering how they can get themselves to make those changes that they know they should adopt to take them through into a strong, healthy and funky old age. It's easy to read. Both scientifically accurate and fun and friendly advice on living a longer, healthier

and more vibrant life as you get older.

Check out: [www.realage.com](http://www.realage.com) & find your Real v. biological age by doing Dr. Michael Roizen's great Real age on line Test.

**Biomarkers: 10 Keys to prolonging Vitality** by Evans & Rosenberg . Great Science and inspiration.

**Slow Burn Slow down, burn fat & Unlock the Energy Within** by Ultra marathon champion Stu Mittleman. Especially good if running is your thing.

So choose life! There is always a way if your motivation is clear. First find the reasons why you want to live and why you want to be around in years to come still healthy and strong and full of life to change the world or cuddle a grand-child. Good Luck!



"To accomplish great things we must not only act, but also dream; not only plan but believe"

