

Living Well In Your Body – January 30th, 2012

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Water

- The single most abundant nutrient a person will consume in a lifetime
- Steam distilled or reverse osmosis filtered water are the cleanest purification methods
- There is no scientific basis for the health claims of “Active” or “Vortexed” or “Magnetized” water
- Try to drink half your bodyweight (in lbs) of water (in oz) every day
- Water is primarily stored in connective tissue called fascia
- Healthy fascia is essential for water to have a place to be stored (see stretching section)

Fitness

- There are 5 aspects to fitness: strength, endurance, flexibility, balance and posture
- The body only works properly when movement is done regularly (every day)
- Several body systems do not work well when a person is sedentary including: circulatory, lymph, muscular, nervous and cognitive
- Strength training is essential for bone density, muscle mass maintenance and good posture
- Cardiovascular training helps with heart and vascular health as well as circulation
- Strength training is more effective than cardio for body fat loss and bone density increase
- Variety in exercise frequency, pace and duration are essential for a balanced fitness approach

Flexibility

- Daily stretching is essential for joint range of motion and health as well as muscle pliability
- Active Isolated Stretching (see www.stretchingusa.com) is the best method for flexibility maintenance
- Hold a stretch only 2 seconds, breathe, relax and repeat the stretch 10-12 times for best results
- A muscle and its surrounding fascia can stretch to 1.6 x its resting length
- Keeping muscles and fascia pliable allows for water to have more space in which to be stored
- A tight, rigid body cannot stay well hydrated

Nutrition

- There is a known, healthy way to eat and it has nothing to do with the latest book or pill or supplement
- Avoid processed foods, foods with a long shelf life, excess sugar, alcohol and high saturated fat
- Eat foods that are as close to how they occur naturally as possible
- Base your diet on unprocessed whole grains, lean meats, unsalted nuts and lots of fruits and vegetables
- Judge carbohydrate quality by its glycemic index (see www.mendosa.com); lower is better
- Judge protein by its biological value; higher is better
- Avoid saturated and trans fats; seek monounsaturated fats (Omega 3, 6 and 9)
- Try to never skip meals; don't go more than 3.5-4.5 hours without eating
- Try to stop eating at least 2 hours before going to sleep
- A calorie is not a calorie. The timing of your food intake is equally as important as the content of that food. Calorie counting is a poor diet method
- Processed sugar affects the brain's addiction centers more than cocaine. Make every effort to remove as much from your diet as possible
- Sugar causes inflammation, immune system suppression, diabetes and joint degradation
- Overweight and obesity will reach a staggering 75% of all Americans by 2020
- The more body fat you carry, the smaller your brain volume, higher your risk for stroke, diabetes, cardiovascular disease, depression, joint problems and hormonal imbalance
- Take basic supplements: multivitamin, calcium, fish or flax oil, Vitamin D

Balance and Posture

- Efficient, straight posture is the safest position from which your spine and muscles function
- Good balance is synonymous with good posture and essential for preventing falls
- Posture is best maintained by regular resistance (strength) training and stretching

Summary

- Using the best tools for living well in your body, 4-6 hours per week of exercise, stretching, rest and optimum nutrition will create excellent physical and mental health for a lifetime