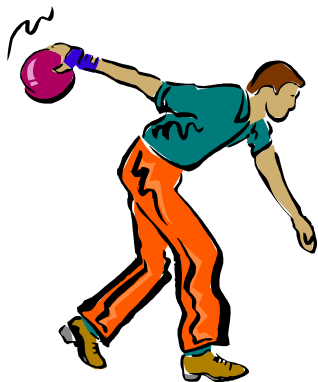


21. Many of the 'normal' signs of old age are due to lack of exercise and malnutrition. Such signs of old age will be reversed when a *correct* exercise program and wholesome nutrition are established.



22. Jogging alone is inadequate exercise because it does not exercise the upper body sufficiently. Walking is also inadequate exercise for the same reason. Your body needs more than just stamina-building exercise; it needs strength-building and flexibility-building exercises too.

23. Bones are a living structure and respond to the strains and stresses placed on them by the muscles attached to them. Strong muscles mean strong bones, and weak muscles mean weak bones. This is why astronauts in the reduced stress of weightlessness lose 2% of bone calcium per week, and people confined to bed can lose 25% of bone calcium in 6 months. Such calcium-deficient bone is brittle. The brittleness of bones seen in older people is the result of lack of exercise and malnutrition. It is *not* the result of the deficiency of female hormones in menopausal women, as many think, since it also occurs in men.

24. Correct exercise will *help* make it possible for *anyone* to have a relatively young body at a relatively advanced age.

### The Only 4 Direct Effects of Exercise

Beyond the following 4 *direct* effects, exercise can do no more:

**1. Flexibility:** Exercise can restore and maintain free and full movement of your joints.

**2. Strength:** Exercise can increase and maintain muscle power and muscle bulk.



**3. Bone Strength:** Exercise can strengthen bones.

**4. Stamina:** Exercise can increase and maintain endurance during *physical* exertion.

### How Much Exercise Is Enough?

If you do not exercise regularly now (and if you do not have a *physically demanding* occupation), you are allowing your body to deteriorate (and age) too fast. You could be saddled with the weakened body commonly associated with the 'very old', while you are still 'young'.

Know that if you immobilized a healthy knee in a plaster cast for 6 weeks and then took the cast off, the knee would be *frozen* and would require months of physical therapy to return to full activity. In addition, the muscles that operate that knee would become wasted (the medical term is *disuse atrophy*) and will take months to regain their normal size and power. All this would happen while the other limb remains normal. You can see by this, how *rapidly* the lack of exercise will bring on the so-called 'signs of old age'!

If a little exercise is good, then more must be better, right? Up to a point. It is possible to over-exercise and tear up your body to no good purpose. *Too much* exercise will disorganize normal body functions. As an example, some female marathoners who exercise excessively have irregular or *no* menstruation. Normal menstruation returns *only* when they reduce the amount of exercise. You must therefore find a happy mean.

More information on exercise is part of the HealthiLifer Health-n-Looks and Robust Longevity Programs.

### Your HealthiLifer Wellness Club Is Your Partner For Good Health

Obtain your PerfectBalance Multivitamin, Organic HealthiLifer Powdered Unrefined 100% Cane Sugar, Organic HealthiLifer Powdered Mushroom, and AthletiX-1: Performance Multivitamin from the Club Director of your Independent HealthiLifer Wellness Club:

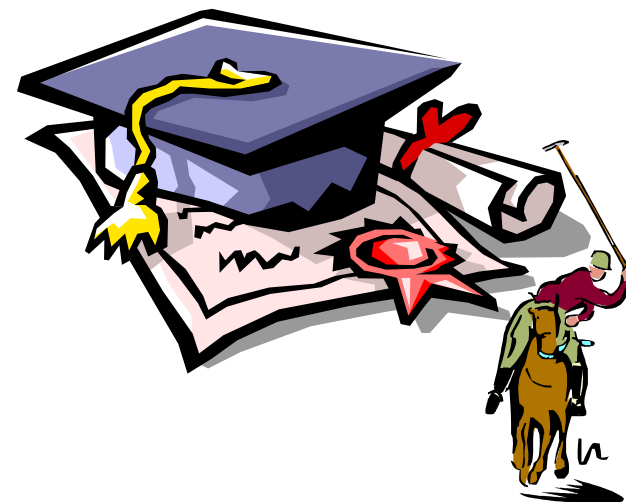
If for any reason, your HealthiLifer Wellness Club Director is unable to supply, please call: 212- 615 - 6751.

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*Medical Research now shows...*

## ALL YOU NEED TO KNOW ABOUT EXERCISE: Research-based Information From Your HealthiLifer<sup>IP</sup> WELLNESS CLUB<sup>IP</sup>



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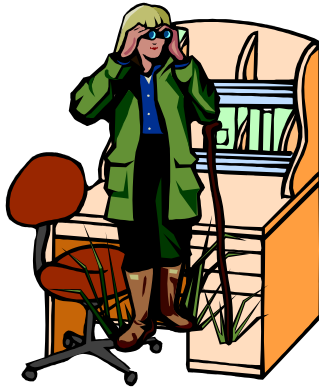
# Here's The Naked Truth About EXERCISE

A great deal of myth has developed around exercise regarding what it is, and what it can or cannot do. In this brochure, I strip away the veil of myths and reveal the naked truth.

1. The process of improving the capacity for work, and of increasing the strength of muscles, by raising exercise levels is called *training*. Walking will train those who previously took no exercise but, if you are *already* in training for running, just walking will now allow your *training* status to deteriorate.

2. Muscle strength, flexibility of joints, skill, and stamina can all be improved by the *right* kind of exercise.

3. The improvements that are caused by training affect *only* skeletal muscles (i.e. those attached to bones), not the heart and lungs, as many people erroneously believe!



4. Types of Exercise: Definitions. Muscle Types. (4a) **Sustained Exercise** = Lifting, carrying, supporting, pushing of loads, and straining. Also called *isometric exercise*.

(4b) **Rhythmic Exercise** = Walking, running, cycling, swimming, and digging.

(4c) **Stamina** = Capacity for rhythmic exercise. Walking for hours will improve stamina, but not muscle strength. Weight lifting will improve muscle strength, but not stamina. The reason? Muscle types.

**Muscle Types:** There are 2 kinds of skeletal muscle: *fast twitch* muscle cells, and *slow twitch* muscle cells.

*Fast twitch muscle cells:* Pale in color. Rich in enzymes that release energy rapidly, without the use of oxygen. Can release energy at 6 times the rate of the slow twitch muscle cells.



*Slow twitch muscle cells:* These cells are red in color, and rich in enzymes that utilize oxygen for the release of energy. Used in the maintenance of posture.

In some countries, muscle samples are taken from young athletes and tested to determine, scientifically, in what kind of athletic events they can excel.



5. Exercise tends to produce improvement in performance related only to its type of activity. As an example, racing cyclists who complete 100-mile races in record times can become exhausted in 30 minutes of shopping on foot, while department store sales people who spend all day on their feet wouldn't last 10 minutes on a bicycle.

6. Muscle strength can be increased with training, long before muscle enlargement occurs.

7. Consumption of large amounts of protein will not lead to muscle enlargement, unless continuing exercise has prepared the muscle for additional growth.

8. A lady who has worn high heels for years can tear her Achilles tendon, if she jumps while wearing flat shoes. This is because the tendon has become shortened as a result of the abnormal posture of the foot, caused by the high heels.



9. Any increase in exercise will produce improved capacity for that activity regardless of age, sex, or level of ability (with the possible exception of an athlete, in training, who may have reached his or her genetically predetermined limit).

10. Matched for size, women have 80% of the power of men.

11. Exercise does not have a masculinizing effect on women. Research has shown that women who have well-trained muscles show confident, graceful movement.

12. Exercise should be encouraged during pregnancy, because it seems to make delivery easier.

13. Exercise *lowers* resting blood pressure, therefore mild high

blood pressure may be controlled, *without* medication, by exercise.

14. Exercise *improves* the condition of the person with coronary heart disease (e.g. *angina pectoris*) or chronic lung disease. This is not because exercise changes the blood vessels of the heart or alters lung tissue, but because exercise *improves* skeletal muscle performance so that the individual can do more before angina or breathing distress starts. Therefore, all such people should (and can!) exercise, provided that, like everyone else, they start slow and progress gradually – *after* checking with their doctor.



15. Intermittent loading of a joint, as happens in rhythmic exercise (such as walking), stimulates the flow of lubricating secretions into the joint, and so reduces friction to a minimum and protects the joint from wear and tear.



16. Strong muscles acting across joints are necessary for stability and for ensuring that the joints do not receive abnormal loads, which could damage them.

17. Osteoarthritis is not cured by exercise, but lack of exercise will allow it to worsen *more* rapidly.

18. Lack of exercise and the accompanying muscle weakness are the cause of back pain. (Back pain will, at one time or another, afflict no less than 80% of the world's population.)

19. Exercise *cannot* protect anyone from heart attacks as many, in ignorance, believe. Many athletes in top physical condition have suffered heart attacks just like anyone else. (A wholesome diet and *additional* vitamins, such as PerfectBalance Multivitamin, provide significant protection.)

20. Exercise is *not* an efficient way to lose weight. It takes too much exercise, and too much time doing it, to burn off enough calories to lose weight. Reduction of calories while maintaining the same level of activity, will always result in weight loss but, without exercise, 25% of the weight loss will come from muscle. With the *correct* exercise, only 2% of the weight loss will come from muscle. (The HealthLifer Health-n-Looks Weight Control and the HealthLifer Robust Longevity Programs, teach the *correct* exercise.)