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# HEALTHY HERALD

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## Exercise—The True Fountain of Youth

### PT Corner



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Numerous global studies in the past 10 years have examined habits of populations with high rates of centenarians. The U.S. ranked a rather poor 48th! These studies have revealed 16 lifestyle practices needed for successful aging. The western culture lifestyle negatively impacts health and longevity. The greatest controllable risk factors for the 10 deadliest diseases in the U.S. include: high cholesterol, high blood sugar, high blood pressure, poor diet, smoking, lack of regular exercise, being overweight or obese, chronic stress, depression, and drinking too much. Most Americans are doing a poor job preparing for older age by eating high-fat diets, smoking, drinking excessively and ignoring exercise.

The 16 common characteristics centenarians display are to maintain low blood sugar,

blood pressure, and total cholesterol, keep weight low, eat fewer calories with a mostly vegetarian “Mediterranean” diet with coffee/tea, take vitamins, exercise regularly, be active & stay busy after retirement, don’t smoke or stop smoking, drink less alcohol, get regular & restful sleep, maintain healthy gums, challenge your mind, stay positive in attitude avoiding anxiety & depression, have daily structure & be resilient, and stay socially connected with serenity & a purpose to life.

If you want a long healthy life, known as “Health Span,” and not just a long life span when you may be debilitated for many years, try incorporating 7 to 10 of those 16 characteristics.

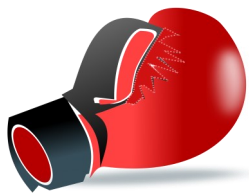
Start with a few and add 1 per month until you have at least 10.

Your activity level and nutrition are the two most powerful habits that can transform you and affect other factors. Eat a mostly plant based diet - aiming for 7 servings of fruits and veggies per day. The main reason people gain weight as they age is because they continue to consume the same volume of food as they did during their 20’s and 30’s despite being much less active and having a slower metabolism rate. Caloric restriction with optimal nutrition significantly extends life spans and decreases risk for many diseases.

Stay active and exercise regularly, daily is best. Exercise is really the fountain of youth. Only 25% of Americans exercise regularly and just 10% of those over age 65 get enough vigorous exercise. As the body ages, exercise becomes even more important, especially after age 70.

### TIP FROM A TRAINER *by Ron Salvo*

#### Boxing Your Way to Health



Boxing has become a popular form of exercise these days—and for good reason. It is an all encompassing mind and body workout which builds strength and torches calories. Here are some of the benefits:

- You get both a cardio and strength workout

which improves your resting heart rate and muscular endurance.

- It improves balance, coordination, reactivity and agility.
- It strengthens hips, legs, back, shoulders and core.
- It is one of the best stress relieving exercises you can do.

Core conditioning is crucial as most power comes from being able to rotate from your core.

So there is a lot of great core work boxers do as well.

If you take the next step and learn some basic martial arts kicks, you can take it to the next level. So grab some gloves, hit the bag, or just do some air boxing for great results.