



Exercise as good as food

The body cannot function well without daily physical movement. Those who work in offices for long hours know this. Those who spend some time in the gym, on a golf course or a round of weekend games, seem always full of energy, vitality and youthfulness. Others use the weekend to get down (in a discotheque) and dance.

When the garden was made, "thorns and thistles" (weeds) were made to grow to provide a reason for man to remove them to get food. To do this, he needed to be physically active. And thus Noah began to be a husbandman (Genesis 9:20)

Most grandparents who live in the rural areas breaking ground outlive their sons and daughters residing in towns by up to a quarter of century, thanks to the sedentary and inactive office lives they live. Living outdoors in the fresh air, performing physical exercise in the normal course of life is good for your health.

Exercise strengthens the body by improving its structure and function. Lack of it lessens the capacity to move and resist stress. Exercise involves mental and emotional activity and leads to a feeling of wellbeing.

Exercise to combat obesity is effective if it expends more than 300 calories per day such as playing golf leisurely for four hours or walking briskly for an hour.

To preserve your heart function and ensure its health, it must accelerate above 110 beats per minute for at least five minutes each day or raise its heartbeat by 10 per cent for more than 30 minutes. This can be achieved by brisk walking or climbing stairs.

The body muscles must work at more than half their maximum tension at least daily to maintain their strength. This can be accomplished by lifting a fairly heavy load, for example a load of groceries. It is the weight, not the number or duration of lifts that strengthens the muscles.

The body joints should move through their maximum range of motion at least twice a week to keep connective tissues flexible. The arms, for instance, should be swung around their full range of movement.

The mechanism by which exercise improves the structure and function of the body involves subtle changes in the metabolic, nervous, skeletal, muscular, respiratory and circulatory systems.

Exercise increases the body's oxygen intake and uptake, and consequently boosts the body's

GOOD LIVING

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ability to perform. As exercise training progresses, there is a gradual increase in the lungs take-up of oxygen and the circulatory system's ability to take in oxygenated blood to the muscles.

Seek medical assistance if any of the following symptoms persist after exercise: chest pain, severe shortness of breath, dizziness, fatigue or any feeling of illness.

Oxygen, water, food and exercise are needed for life. Food, however, is the least important of the four. Without air (oxygen) you can survive only for four minutes. Without water, you can survive only for four days and without food you can survive for 40 days!

Without physical activity, i.e. motion, the body cells will slowly die, as this is necessary for daily stimulation to maintain pliability. Without physical activity one gets weak, sickly and their body begins to malfunction. The body immediately starts to accumulate toxins and chemical debris.

The lymph, which bathes the soft tissues, feeds and cleanses cells, has no pump like blood vessels, which are powered by the heart, and thus depends on motion and exercise. In immobility, the cells can be cut off from oxygen supply and carbon removal is slowed or restricted. The whole system stops functioning, resulting in many health problems - even cancers and death.

The part affected most by lack of exercise is that containing the heart muscles. They start to malfunction, the arteries clog, resulting in strokes and heart attacks.

Someone who exercises regularly yet eats a poor diet experiences less physical problems than the one who eats well without exercise. Exercising removes body toxins and debris, which would accumulate and harm the body.

People who do not exercise tend to be forgetful, become senile and eventually die due to cell death caused by body toxins and poisons.

Patients should seek the services of trained dietary experts since they need a diet and exercise prescription designed to achieve a certain weight by keeping caloric intake balanced with energy expenditures.