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#### IN THIS SESSION:

- It's not that hard, really!
- You'll see gardening in a new light!
- Bring on the stairs!

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# Health Mentor Programme —

## Exercise part 3

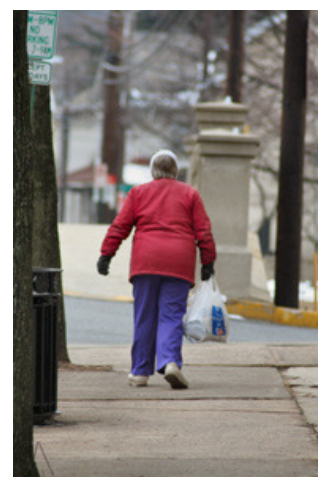
MENTOR SESSION 30

### The simple things...

#### In this session we get really practical...

I've decided to devote this session to showing you some amazing examples of how you can add to your exercise tally through simple daily activities! You'll be amazed to see that you can work up quite a sweat by doing the same things you've been doing for years, just in a different way!

**Bring on the culture of movement!**



### Good ol' yard work!



#### Don't look down on good old yard work!

A study was conducted on older woman in the USA to determine which activities were beneficial in increasing bone density.<sup>29</sup>

The activities were divided into three groups ranging from weak predictors for high bone density values to strong predictors.

#### The weak predictors were:

Jogging, swimming and calisthenics.

#### The moderate predictors were:

Bicycling, aerobics, walking and dancing.

#### The strong predictors were:

Weight training and yard work.

**Bring on the yard work!**

**'Why do strong arms fatigue themselves with frivolous dumbbells? To dig a vineyard is worthier exercise for men.'**

**Marcus Valerius Martialis (40 AD - 103 AD)**

# Stairs, wonderful stairs!

## Stairs, the exercise opportunity that's around every corner.

Stairs are just an exercise opportunity waiting to happen but due to our culture of convenience we actually lose out on this opportunity all the time.



## Decisions, decisions...

To prove just how good stair climbing can be for you researchers took a group of sedentary women and put them through a basic stair climbing programme for 8 weeks.<sup>30</sup>

Now get this: they only had to climb 199 steps at a time and only by week 8 did they have to do it 5 times a day. It also took the participants only 2 minutes to walk the flight of steps every day.

## The results of this trial are a clincher...

The women in this study all had an increased VO2 Max of more than 17% (this is basically how effectively your cardiovascular system can deal with oxygen and is a sign of fitness if it increases).

They also showed a 7,7% reduction in their LDL cholesterol and that after only 8 weeks!

**Stair climbing is a great way to supplement your movement!**



# One for the guys...



**Gentleman, start your engines!**

## Want to protect your heart? Well, research is pointing out the top protectors!

A man can reduce his risk of developing heart disease by doing any of the following:<sup>5</sup>

- Running** accumulatively for more than 1 hour/week = **42%** risk reduction
- Training with weights** accumulatively for more than 30min/week = **23%** risk reduction
- Rowing** accumulatively for more than 1 hour/week = **18%** risk reduction
- Brisk walking** accumulatively for more than 3 hours/week = **18%** risk reduction

# Just living it!

This is where a culture of movement really can change your life!

I've listed a whole range of ideas here of how you can add meaningful exercise to everyday activities.<sup>28</sup>

**Get off a stop or 2 earlier** when you make use of a bus or subway or taxi. You can then walk the rest of the way!

**Try something radical at the mall!** Instead of looking for the nearest place to park (and yes we all do this), find a space further away and get some brisk walking going.



**Enjoy it!** Try new types of exercises that will make it interesting and fun.

**An event.** Exercise can be a social event where you go for a walk with your spouse or friends. Playing team sports is also a great motivating factor... can't let the team down, now can you!?

You can buy a piece of home exercise equipment and then do something really cool - use it!

Some good advice is to combine certain activities in the home, like watching TV, with your exercise session on your newly acquired piece of equipment.



**Keep an exercise diary.** Yep, as with food diaries, this one will keep you accountable to yourself.

**Moving lunch.** Take 20min from your lunch hour and devote it to a refreshing walk. You may be surprised at how the usual afternoon fuzzy brain does not overtake you!

**Gym assist:** It may be a good idea to hire a personal trainer for a few sessions just to help you get going in the gym.

**Take your dogs for a daily walk.** Your furry friends may benefit from this but it's usually the owner that gets the most out of it.

## The last word...

I trust that you found these sessions on exercise both interesting and motivating. Here is a final thought, though. Whatever exercise you choose to do make sure that it places at least some form of healthy strain on your body. Researchers into the effects of exercise on bone density<sup>31</sup> have come up with a list of basic requirements for exercise to exert positive effects on bone health. Here they are...

### Exercise should:

- 1) be dynamic, not static (thus you can't sit in front of the TV with something shaking your muscles for you...),
- 2) exceed a threshold intensity (yes, you have to feel it!),
- 3) exceed a threshold strain frequency (ditto),
- 4) be relatively brief but regular,
- 5) impose an unusual loading pattern on the bones (fast walking is not the same as a leisurely stroll and lifting weights is not the same as cutting bread),
- 6) be supported by enough nutrient energy (NEVER starve yourself when exercising rather eat enough of the right foods), and
- 7) include adequate calcium and cholecalciferol intake (vitamin D3) (more about this in the session on calcium...).



**Bring on the culture of movement!!**

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# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist, has a master's degree in Applied Human Nutrition and is the South African programme director for the Robertson Wellness Brain Chemistry Optimisation Programme.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'.

Besides being a wellness coach to company executives Dr Anton is an established public speaker and no stranger to radio and television. He has provided guidance to scores of audiences with his passion for wellness education.

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