

Exercise: First of the Five Factors of Health

So how exactly does exercise contribute to your health? Research has shown that it strengthens your cardiovascular system (stronger heart), immune system (lowers the risk of infection), digestive system (lowers appetite, better absorption of nutrients, regulates bowels), nervous system (coordination and sleep) musculoskeletal system (prevents injuries, osteoporosis) and your mental health (feel better about yourself and stress reduction).

To get the maximum benefit from exercise, your work-out should include aerobic (something that increases your heart rate) and anaerobic (strength and muscle building) exercise and, perhaps most importantly, it should be fun. Because if you're not enjoying it, you're probably not going to continue.

Keep in mind that these benefits can be negated, or worse, reversed if you exercise improperly. Don't assume that harder or faster is better. Monitor the intensity of your by measuring your heart rate. Refer to the charts posted in the weight room and aerobic room to make sure that you're exercising within your target range. Answering the following questions will help you determine the exercise program that's right for you. 1) What's the goal of your exercise program? 2) What shape are you in? 3) How much time are you going to spend? 4) What types of exercise do you enjoy?

Have a safe and healthy work-out.

Dr. Rick

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