

Exercise and Health

When performing the Body Memory Reset (BMR) General Health procedures an exercise program is not always necessary as many people do get enough exercise with their everyday activities. However, if you lead a very sedentary lifestyle a routine exercise program will definitely improve your overall health.

If you are performing the BMR Trim procedures and desire to lose weight, then an exercise program is vital for the best results. The exercise best suited for weight reduction and improving overall health is an aerobic exercise program. We recommend that you read any number of quality books or articles on aerobic exercise for detailed instructions. Aerobic exercise performed correctly can be very effective in as little as 15 minutes 3 times a week.

Problems of Today

The problem today is that kids games are no longer outside running and playing with each other, they are inside playing against a computer. And for adults, when we are younger our employment is more based on physical labor. As we grow intellectually our jobs become more intellectual and less physical. Each promotion we earn the less exercise we get.

Exercise Opinions

There are as many opinions about exercise as there are people that exercise. So this brochure is not as much about exercise as it is about lifestyle. Any one that has ever broken their arm and had a cast knows that when you don't use it you lose it. So how much use do you need to stay healthy, and at what level does use become abuse?

I have runners as patients who swear that running a marathon is healthy for them. I vaguely remember the story of the first person that ever ran a marathon. He was a messenger in ancient time that ran the distance and dropped dead. So you can't say that it never hurt anyone.

Regardless of the form of exercise or the athletic activity, anytime you push the body to the limits in order to reach your peak performance there will always be health risks involved, many of them very dangerous.

I firmly believe that too much exercise can be just as unhealthy as too little. Fortunately, God made people very resilient with the ability to live in the different environments of this planet. Some environments require a tremendous amount of activity and work to stay alive while others require minimal activity with almost no work. Therefore, the area between too much exercise and too little exercise is very broad. You can lead a very healthy lifestyle almost anywhere in that area, but the farther you get to either extreme the greater the risk you have to your health.

What we really need to understand is the difference between exercise, work and stress. Work and exercise are usually close to each other with the greatest difference being that work can be very imbalanced, one sided and disorganized. Therefore, it is not always the best exercise program. Usually stress is considered too much mental or emotional abuse. However, any mental exercise, even having too much fun can lead to stress. Stress is not only caused by both good and bad mental activity, it can also be caused by anything that abuses the brain and it's functions. For example; if you have a blood sugar problem then eating sugar will create as much stress as mental or emotional abuse. Stress will usually cause you to feel physically exhausted, but physical exercise is usually the best medicine for stress. Considering the amount of stress there is in

the world today it is no wonder why so many people are addicted to the gym.

Some clues: If your child spends all day on a beautiful Saturday playing video games instead of going outside and playing real games, they are not getting enough exercise. And for you, when you have to stop and catch our breath after climbing a flight of stairs, you're not getting enough exercise.

Our minimum recommendations

Think of exercise as a tool that you can use to help your body perform as needed. If you are a firefighter then you need to build not only muscle strength but endurance to perform your job correctly. However a firefighter only performs this way in their job occasionally. Therefore they need to exercise routinely to be prepared for when they do need to perform. Plus they need to exercise in a fashion that will prepare them for their specific job which is why they practice running stairs with packs and pulling hoses and so on.

For those of us that do not have such stringent requirements at our jobs, we should still look at exercise in the same fashion. For example; If we are overweight then we need to exercise in a fashion that will help burn calories. If we are not overweight but enjoy hiking occasionally then we should exercise routinely to prepare us for that activity.

At the very least, we should take a brisk walk for 3 to 9 minutes 2 times a day. If you can't walk or prefer not to walk, perform any activity within your capacity that will raise your metabolism similar to walking.

That's right, it does not take a lot of effort, You do not have to join a gym or spend hours a day working out. Select an exercise program that you enjoy and one that fits your needs. Exercise should not be a chore but an enjoyable break in an otherwise hectic day. If not, you will never keep it up long term.