

Exercise Part-1

Exercise Undoubtedly, in this country we spend billion of dollars on our external appearance and to cover up our difficiency and defects. If we were to spend less than 1% of that money, time and effort towards our internal beautification, we will be knocking at the door of our excellence. Exercise is one of those keys to your excellence.

Once I asked, "Have you ever seen a generous person on a basket ball team?" My friend said, "Yes! the coach." I replied, "you are absolutely right. Some of the coaches do look generous, even if they were basketball players in the past. One of the reason they gain weight is that they stopped playing basket ball physically, even though they may be playing the game mentally. This simply answers the question why you need regular physical exercise to maintain physical fitness.

While I was rehearsing a presentation on this subject, I asked my thirteen years old youngest daughter, "How do you like my speech?"

She said, "Do you really want to know the truth?"

I said, "Yes!" She replied,

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"I like your check book better."

I responded, "If my speech is not good then my check book will be of no value....,"

she was quick to jump in and say, "in that case I like your speech very much"

I learnt one important moral from this little incidence. Before I expect some one to do something, the first question I need to answer is, "What's in it for the other person." So without wasting one more moment of your non-refundable time let me tell about the benefits of enrolling yourself in a regular exercise.

BENEFITS

Zig Ziglar, one of the nation's foremost motivational speakers, once said, "If you don't like the way you look, you are not stuck with out. You can change the way you look by changing what goes into your mind" I like expand on that theme and say, "If you don't like the way you look, feel, or act don't worry about it. You can change the way look, feel, or act by enrolling yourself in a regular exercise program.

Look: There are two kinds of looks. On one hand, people will walk up to you and say, "You look great, if they really mean that." On the other hand, some people may say, "That dress look gorgeous on you." You have no idea what they mean by that. It may mean that you are plenty for your dress. Some time you may hear, "Gee that dress looks so good on you...New girdle?" Well, you don't have to listen to those comments, if you enroll in a regular exercise program. When you exercise regularly, you can trim off the front and side effects that had been robbing up your mind and self-esteem. In addition, regular exercise can tone your muscles and enhance your silhouette. If you start walking for 30 minutes a day, without changing any thing else, at the end of one year you would have lost 14 pounds. Later on I will tell you how you can easily loose one pound per week with regular exercise, with very little modification in your regular eating habits.

Feel: People who don't have a million dollars can't feel like the one who has a million dollars. Those who have a million dollars are too busy working on their second million dollar. I can tell you from my

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personal experience that right after I finish a thirty-minute exercise, I feel like the person who has a million dollars. That sensation of euphoria, which is due to the release of endorphins, can last for several hours after the exercise. Exercise also helps to reduce your anxiety. When you are exercising, you have no time to blame others. It's also hard to fight with someone when you are jogging at 4 to 5 miles per hour. Hence exercise may also reduce your stress level.

Act: Acting is the for those who can't. Regular exercise improves your muscle strength, increases stamina, decreases fatigue, and improves your body weight as a result you can quit pretending and start performing better.

Cardiovascular benefits: Regular exercise improves heart function. Trained athletes have lower heart rate response to the same level of exercise as compare to untrained athletes. It is the only natural way to increase your HDL cholesterol (good part of the cholesterol, that removes the cholesterol deposits from the blocked arteries). It also improves the collateral circulation to the heart. That improves your chances of surviving a second heart attack. It improves to oxygen use by the muscles as a result the heart has to work less for a given work level.

Other benefits: Exercise helps to lower your blood pressure. Frequently, regular exercise and weight control can reduce your need for the medicines to control your blood pressure. Occasionally, you may be able to control your blood pressure without any medicines. Exercise also reduces the insulin requirements in diabetics.

RISKS OF EXERCISE

Muscles and Joints: Erma Bombeck said that hate to get involved in activity, where there is an ambulance waiting at the finish line. You don't have to visit the ski slopes to get a torn ligament or sprained ankle. Tray to run a 100 dash, especially if you have never exercised before. You will develop muscle cramps that can last more than a week and convince your belief that exercise was not good for your health. Of course, if you want to learn and experience every thing about exercise in one weekend, I feel sorry for your muscles and joints. However, if you start your exercise program in a step by step manner as described

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later on in this chapter, there is no reason for you worry about muscle cramps or busted joints.

Heat Exhaustion: Heat exhaustion may present with low temperature, dizziness, headache, confusion, and nausea. The more serious occurrence is the heat stroke, which is associated with dizziness, thirst, nausea, headache, and cramps in the muscles. The sweating stops and the body temperature rises quickly. You can avoid both these problems by drinking plenty of fluids and wearing cool and light clothes.

Heart attack: some people are afraid that they might get a heart attack during exercise. The interesting point is that people have had heart attacks during sleep, during the early hours of the morning, in the evenings and at rest. Some people had heart attacks while watching TV. It's not clear that exercise can precipitate a heart attack. On the contrary, people who exercise on a regular basis should have fewer chances of having heart attack. However, if you have severe unsuspected heart disease and you push your self beyond your limit, then you may be asking for trouble.

If you have congenital heart disease(birth defects such as aortic valve narrowing) or irregular heart rhythms, you .may be at an increased risk of serious problems resulting from vigorous exercise. Hence, you need to consult your physician before your enroll in a regular exercise program.

MYTHS ABOUT EXERCISE

Tired: A lady once said "I ache all over."

, "Ma'am, those are the muscles you have never used." Dr. Charles W. Jarvis replied.

If you realize it takes 72 muscles perfectly coordinated in order to utter a single word, you can imagine how many muscles are involved in jogging or skiing.

You can expect to feel some soreness in your muscles at the beginning of your program. However, if you are getting tired easily, following a routine exercise, there may be other reasons, such as medical problems, heart condition or low blood count. If you experience tiredness or easy fatigue after regular exercise, I would recommend that you consult with your doctor.

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On the other hand, by involving yourself in a regular exercise program, you build stamina and strength, which help you to resist fatigue and stress.

It Takes Too Much Time:

People frequently say, "It takes too much time."

"Compared to what?" I ask. Thirty minutes of exercise three times a week amounts to one and one half hours per week. There are 24 hours in a day in Houston. If you were to multiply that 24 by 7, that gives us 168 hours for a week. So, the time that is required for you to engage in a regular exercise program is less than one percent of the time in week.

It is not the lack of time, it is the lack of planning that robs your time. Hence, if you plan your exercise and include that in your daily activity schedule, it will only be a matter of days or weeks before it becomes a part of your daily life.

Don't forget, fifty percent of your working time is spent in paying some kind of taxes. Now, let me ask, "Which one do you like better? Exercising for an hour and a half per week to maintain your health and well being, or working for half the time to pay your taxes?" I bet, you are glad I asked this question.

All Are The Same: Not all physical activities produce cardiac fitness. Exercises involving the large groups of muscles in a sustained manner, such as jogging, jump rope, running, and skiing produce the maximum cardiovascular benefits. They also burn a lot of calories. Tennis, handball, and basketball also produce cardiac conditioning, but to a much lesser degree. These exercises have to be performed for a much longer duration of time. Others, such as baseball, football, and softball do not provide any type of cardiovascular conditioning.

The older you are, the less exercise you need: As we get older, there is a tendency for us to get less active. We also lose muscle mass each year. Hence, in order to maintain our muscle mass and also maintain our physical fitness, we need the same amount of exercise as the younger individuals. However, the type of exercise you get involved in could vary, depending upon your age and your physical characteristics.

You Have To Be An Athlete: You don't have to be an athlete in order to engage in a regular exercise program. In fact, many people who were discouraged during their school years because they were not able to compete with their colleagues in sports, have discovered that

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regular exercise is something, not only they can perform very easily, but also enjoy.

CONSULT YOUR DOCTOR FIRST

"Consult your physician before you enroll yourself in a regular exercise program." Who said that? Of course, it's your doctor. Well, you can't blame the president for everything that's going wrong in your life. If you start on an exercise program and get into trouble, then you have someone to hold responsible. More importantly, before you begin your exercise program, your physician can do a complete examination and make sure you do not have serious medical problems that might interfere with your exercise. Your physician also can prescribe the right type and form of exercise that is most suited to you, depending on your age and medical history. This will get you started on a systematic step-by-step approach. It also greatly reduces the risk of unwanted problems arising from exercise. In the long run, it might be wiser to exercise under a physician's supervision than to try it on your own and sustain a major muscle or joint injury. That can not only mean loss of a lot of time, but also can cause great deal of frustration. I have heard people say that the exercise prescription given to them by their doctor was much simpler than the one they got from their spouse.

When elementary school children are required to have a physician's certificate before they enroll in any physical activities. Why would you want to risk your spouse's, children's and your creditors' life that are so much dependent on your's, while you journey into a new adventure that requires a lifetime commitment?

The stress EKG is an excellent test before starting on an exercise program, particularly for men over 40 and others in high risk group(those with a personal or family history of heart disease high blood, cholesterol, or long term sedentary life style).

BODY'S RESPONSE TO EXERCISE

We exercise to change muscle chemistry so that we will burn fat more efficiently.

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They think their muscles use glucose for twelve minutes and then start using fat. This is incorrect. Fat is burned from the very start of the exercise.

The answer is that you are trying to produce growth of fat-burning enzymes and a minimum of twelve minutes of steady activity seems to be the time trigger of necessary to stimulate this growth.

Twelve minutes of aerobics helps you to build ,over months ,a bigger fireplace that can burn many fat logs. The growth of fat-burning enzymes is the real purpose for exercising. You want more fat-burning enzymes so that a year from now your body is a fat-burning machine instead of a fat-storing machine.

The more muscles used, the less time you need to spend exercising. It's not until you start using the big muscles in the lower body that you get a whole-body systemic effect.

There are lots of muscles in the upper body, but an upper-body exercise is not quite aerobic because the proportion of muscles used in comparison to total body weight is small.

It seems that about fifteen minutes of jogging is all that's needed to produce to produce the same aerobic results as twenty minutes of stationary bicycling.

Thirty or even forty minutes of steady walking is probably required to get aerobic benefits.

The new approach is simply to use common sense. When you are doing aerobic exercise, keep in mind the basic intention of the exercise. You are not trying to burn a lot of calories. You're saying to your body, "Please adapt".