



adjust your lifestyle™

The 4 Essentials of Lifestyle Fitness™

With the rise in obesity and the concerns about health care reform, it is more important than ever that each individual and family make fitNESS a part of their lifestyle. The question for you is, will you wait for a crisis such as acute pain or a heart attack to make the changes, or will you make them because you want to live a better quality of life? These fitNESS tips will ensure that you have a well rounded plan that you can enjoy for a lifetime.

The 4 Essentials of Lifestyle FitNESS

There are four components to overall fitness. The last four letters of the word “fitness” form an acronym, Nutrition, Endurance, Strength and Structure.

Nutrition: Consume QC’s and not EC’s

Good nutrition is important for your body to be healthy. Both empty and excess calories, EC’s, will lead to sickness, low energy, obesity and chronic health problems. QC’s are quality calories. They come from live foods such as fruits, vegetables, lean proteins, and whole grains. QC’s are nutritionally satisfying because they contain vitamins, minerals, fiber and amino acids that are the building blocks of a healthy body. EC’s, empty calories, come from foods such as white sugar, white flour, and white rice, which add calories to your diet without nutritional value. Be conscious when you are eating and choose QC’s over EC’s.

Endurance

Endurance comes from cardiovascular exercise. Whether it is from walking, running, bike riding, the elliptical, basketball, tennis, soccer, or a rowing machine, this type of exercise is necessary for your heart to stay healthy. Get 30 minutes of cardiovascular exercise at least 3 to 4 times per week. Wear a heart monitor and monitor your heart rate while you also count the number of calories you burn. As your stamina grows, increase your intensity

to increase your results. Life is a marathon and not a sprint, and endurance training will give you the stamina to enjoy it.

Strength

Your level of strength will determine your ability to remain active and independent as you age. Through regular strength training with a personal trainer or on your own, you can build muscle and stand strong, no matter how many birthdays you celebrate. The saying, “if you don’t use it, you lose it” is definitely true when it comes to strength. Free weights, functional training machines, Pilates and Yoga are all examples of exercises that build your strength. Make strength training a part of your fitness plan today.

Structure

Hippocrates said, “Look well to the spine for the cause of disease.” Edison said, “The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” There is no way around it, you have got to take care of your spine and nervous system if you want to live an active, healthy long life.

Many people attempt a fitness program and find that their body breaks down during within a few weeks. They experience pain and injuries that become nagging to severe and it can stop them from reaching their goals. This is one indication that your spine may have underlying problems known as subluxations. Chiropractic examinations can reveal underlying problems in your spine that can keep you from getting in shape, and also lead to all types of health problems. Don’t wait until you “feel it” to get checked. You may be waiting too long and why spoil your momentum if you are working out to get in shape?

Make an appointment for a spinal exam, or ask us about our Lifestyle Fitness and Nutrition workshop that you can attend with your family and friends. They will give you the knowledge you need to improve your health dramatically.

Basile Spine Sport and Wellness

5610 Kitsap Way Suite 260 ♦ Bremerton, WA 98312 ♦ (360)478-2100

17205 Vashon Hwy SW B2 ♦ Vashon, WA 98070 ♦ (206)463-1850