

Introduction



JUST
MOVE
IT!

There are four parts to a proper exercise program¹:

1. Aerobic (endurance) exercise
2. Flexibility (stretching)
3. Resistance (anaerobic) exercise
4. Balance and Coordination

The human body, with its more than 600 muscles and joints, is designed for regular movement. Without the consistent and proper use of the bodies motors (muscles) as well as the other soft tissues (tendons, discs and ligaments), the aging and degenerative process is accelerated.

Why Exercise?

Negative Effects of Inactivity:

Heart, Lungs and Blood Vessels (Cardiovascular System)²

- decreased heart muscle strength
- decreased blood circulating to the heart muscle
- increased chance of clogged (plaguing) arteries (increased LDL cholesterol and triglycerides)
- decreased lung capacity and less lung elasticity

Muscle Shrinkage (Wasting) and Weakness^{3,4}

- decreased support for joints - causing joint sprains (eg. lumbar facets)
- joints and tissues become rigid (fibrosis and adhesion)
- degenerative joint and disc disease
- postural problems

Other

- osteoporosis⁵
- decreased balance and coordination⁶

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