



“Your Body, Your Responsibility”

MORE INFO: WWW.YOURBODYYOURRESPONSIBILITY.COM SEPT. '08

Cardio Training

For most people, cardio activity is the exercise of choice by most people. When a person is starting an exercise program, walking is the chosen modality. As a point of fact, for most people their heart is the best part of their whole body with the rest of the body in disrepair. Let us clarify what makes up this system of the body and what really needs to be worked on. The heart is the pump and is designed to work 24/7 and stays functional by working within a perfectly functioning system that is made up of our lungs, arteries, veins and capillaries. The deficiency is not with the heart but with the rest of the system. Poor thoracic spine position in most people compromises both lung and heart function. Clogged arteries and veins as a result of systemic inflammation and the resulting repair work done by the body with cholesterol make the heart work harder. A lack of functional muscle on most people reduces the capillary action which is the exchange area for oxygen and carbon dioxide. These are the areas that need work, not the heart. Cardio training places a demand on the body that the system cannot address in most people. Properly performed weight training is a better choice.

✧ The Diet Dilemma ✧

The missing component in every diet attempt is the very reason the body began to store food instead of using it as it was intended. This missing component is the lack of functionality of the body. This loss of function occurs unbeknownst to the owner until the excess body fat deposition becomes increasingly apparent. The primary area of dysfunction for most people is the hip joint which is a result of improper spine position that creates severe tightness and imbalance in the hips. This makes the hip/glute/upper thigh region a very “quiet place” and an ideal storage site for the body to store excess calories. In a dieting situation, the lack of function in the body limits the amount of calories that can be used and causes a person to become a smaller version of their original shape with muscle and water being a major part of the overall “weight loss” with actual stored fat a distant third.

PROPERLY PERFORMED WEIGHT TRAINING

This is the single best activity that any person could do to improve their own condition. Muscle is the destination for the food we eat and



uses calories on a regular basis 24 hours a day instead of burning a couple hundred calories only when you do cardio. Cardio training is muscle wasting where weight training stimulates your body to keep and build more

muscle. It is the constant pull of the muscles on the bones of our body that stimulates the constant breaking down and rebuilding of our bones in spite of our age. Muscle is the largest biologically active part of our body. For most people, muscle is in a declining state from our teen years onward and is the cause of most of the health problems they encounter

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