



# “YOUR BODY, YOUR RESPONSIBILITY”

MORE INFO: [WWW.YOURBODYYOURRESPONSIBILITY.COM](http://WWW.YOURBODYYOURRESPONSIBILITY.COM) DEC. '08

## Flexibility

*A common mistake that some people make when they are attempting to stretch is to constantly strive to increase the range of motion of the joint they are focusing on.*

*This misguided thinking is a product of the “more is better mentality”.*

*Each joint of the body has a range of motion that is within the parameters of function for the structure and design of that joint. The goal for any good stretching program is to maintain this functional range of motion which supports the function of the joint involved.*

*Trying to increase the range of the joint over-stretches the structure and abuses the joint with arthritis and joint replacement the result. This is all preventable.*

### ***The YOUR BODY Show***

We are pleased to announce our new radio program broadcast every *Tuesday*, worldwide on the **HealthyLife.net** Radio Network. Go to their website and tune in at *12 Noon, Pacific Standard Time*. We will be giving you the most factual information possible about how you can live a better life in your body.

## ✕ The Diet Dilemma ✕

*One of the most common mistakes people make when dieting is to reduce or worse yet, eliminate particular food groups. An example of this is to eat a low fat or no fat diet in an attempt to reduce body fat. The human body is set up to take in and process all three food groups to supply the body with all the nutrients it needs. If you don't supply these basics foods on a regular basis, the body eventually suffers with out getting the desired result.*

*A good guideline is to use a ratio of 40/30/30 for carbohydrates, protein and fat intake. You should restrict the quality of your fat intake to mono-unsaturated fats such as olive oil and other vegetable oils and fish oils. Saturated fats, which are fats from animal sources should make up 10% or less of total caloric intake. Your liver uses these saturated fats to manufacture cholesterol. To much saturated fat intake can inversely raise your cholesterol levels, especially for sedentary, non-exercising individuals.*

*The most important component of any diet is to make sure that you have a complete exercise program in place to give your body the ability to utilize the calories you eat in addition to using calories that you currently have stored as fat. Properly performed exercise with a well structure, complete dietary plan is an unbeatable combination.*

## NEW TOOLS AVAILABLE FOR YOU

We have been busy building our new website. The new URL for the site [www.yourbodyonline.com](http://www.yourbodyonline.com). We have added new features and information to the site for your convenience. The section on Conditions and Treatment gives you information about many of the common problems that people encounter as they age as well as insight into all of the things that should be addressed for your complete recovery.

In the Products/Services section we have our book and a digital video library that is incredible. These videos give you complete instruction on all aspects of over 85 different exercises for all parts of your body. All downloadable in MP3 format so you can take them with you for on going instruction when you workout. Every exercises you do should be productive if you are performing it correctly.

For questions, comments or requests for upcoming newsletters, please contact us at our website listed above. We welcome your feedback.