



“YOUR BODY, YOUR RESPONSIBILITY”

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

Flexibility

A simple method to get the most out of your stretching and flexibility training is to maintain your ideal spine position during all stretching. This is the first thing that people let go of when they attempt to stretch and in the long run, the spine becomes the recipient of this continual abuse. The spine position that we require for all movement and stretching is described as NEUTRAL SPINE. This is a neutral pelvis, with a hand thickness curve in your lower back, the least degree of curve in your back and a slight curve in the neck with the head looking straight ahead. This spine placement is not automatic and is distorted by muscle imbalance's and tensions within the “pulley system” of the body.

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 ✧

Last month we gave you the basics of how to begin to figure out how many calories you should be eating to allow a controlled and continuous weight loss. To summarize that process briefly, keep a food diary and write down all food and drinks, portion sizes and time of day when ingested. Weigh yourself each day at the beginning of the day and after 3 days, if your weight is the same, you will see a similar caloric intake for each day. This is your maintenance level for the weight you are. Reduce your daily intake by 250 to 300 calories and make sure you spread your daily caloric intake around 3 meals per day with a snack at mid-morning and mid-afternoon. Breakfast and lunch should be the biggest meals of your day and your dinner or last meal of the day should be the smallest. For a lot of people, this simple change in meal size and frequency allows them to achieve a controlled fat loss without any calorie reduction. The most common mistake people make is to skip breakfast and eat a salad or some other improper lunch because everyone is weight conscious among their peers and then proceed to eat every possible at the last meal of the day. This practice sets your body up to store calories while you sleep and to give you the feeling that you are not hungry when you make in the morning.

PROPERLY PERFORMED WEIGHT TRAINING

One of the major reasons that people don't do resistance training as a mainstay of their exercise regimen is because they don't know what to do or how to do it. Consequently they rely on other activities which are said to provide all the necessary things we need to maintain our body's. Examples of these are yoga, martial arts, tai chi, pilates and other types of low level activities.

These are all fine activities but they do not contain strength demands that provide continual stimulation for the body. A key point to understand is the body adapts to whatever we do. The use of body weight, in a very short time, becomes inadequate to stimulate the body to keep adapting. This missing part places these activities into the category of usage, not exercise.

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