



{Peak Performance}

Our *New Year's resolutions* are usually centered on these ideas; you will lose weight, run a marathon, hit the gym, and eat healthier. The most likely scenario is that this resolution is already slipping, if not gone, by the time this even hits press. So what is this elusive wellness that everyone is striving for and why is it so hard to achieve?



Chiropractic Connection

The more distorted your posture, the more distorted your brain's interpretation of that movement, hence misinterpretation on your world. Exercise a distorted body; you get distorted messages to the brain

The World Health Organization defines wellness as a dynamic process of becoming aware and making conscious choices toward a more balanced and healthy lifestyle. At GAC we want to be your wellness doctor, helping you consciously move toward a healthier you in 2011.

So for your resolutions in 2011, remember this, *Movement is Life*. The majority of your spinal cord is dedicated to signal pathways telling you where you are in space, what that means is that the majority of signals to your brain – what drives you – is from joint movement. *The fact that you have 'disease x' is your nervous system's inefficiency in dealing with the world.*

So if Movement is Life, why is it so hard to get into the gym? It's our paradigm. What is your description of exercise? If you are like most, you see exercise as a way to get skinner or bigger biceps. Did you know that **it is impossible for your genes to express health without daily exercise?** Exercise is as important as food and shelter. Life is movement.

Here are some additional benefits you get by moving:

Boosts your Brain Power: it improves your ability to form memories, boosts your fluid intelligence (on your feet problem solving skills), keeps your brain cells young healthy, and counteracts the effects of bad stress

Decreases Your Chance of a Multitude of Diseases:

Lowers chances of Alzheimer's by 60 %

ADD/ADHD? Physically fit kids & adults concentrate better

20 min walk each day = 57% decrease in chance of stroke

30 min walk each day = decrease your chance of melanoma (skin cancer) by up to 70%

30 min walk only 5 days a week = prevents 30% (949,619) of deaths due to coronary heart disease & stroke and 50% of colon cancer (24,000 deaths)

Exercise is good, okay, I knew that, but what do I do? The research gold standard is aerobic exercise at 30 min at a clip 2-3x/week + strength training. If you are not doing that, then it is a good goal to start with. If you are already there, then that doesn't mean you have all the benefits possible.

Scientific American's January issues main story was "How to Fix the Obesity Crisis." Do you know what they said was the most successful way to lose weight and keep it off? A diet and exercise program that focus on changing behavior, making "many small, sustainable adjustments in eating and exercise habits that are prompted and encouraged by the people and the rest of the environment around us." HINT: This doesn't mean you need to join a program in order to lose weight. It means that you need to change the way you view the foods you eat and the activities you do.

"Exercise is a required nutrient for the genetic expression of health and homeostasis."

Dr James Chestnut



**This month's
Massage Steals!**

\$60/hour
Buy 3 or more 1 hour
massages and get them at
\$50 each

Here's where you can begin:

- Any movement is better than none at all. Forget the idea of "no pain means no gain." The gain comes from getting off your duff and doing it.
- Start by adding what's good for you & what you enjoy rather than taking out the bad or adding exercises you hate. If you don't enjoy it, you'll stop doing it. So **the key is enjoyment.**

• Incorporate activity into your daily activities, it shouldn't just happen when you hit the gym. Stretch for 10 min when you get up, take an extra 5 min to walk to the stairs at work, wrestle your kids, take a 10 min stroll in the evening, do your **Spinal Exercises** while at the office – See our class Tuesday March 15th! Just those small steps give you over 30 minutes of exercise!

- Evaluate your choices based on **what your cells need**, not your cravings or emotions
- **Fidget** – switch which legs are crossed, tap your foot and fingers, twirl your pen, pace while on the phone, these small movements can help you keep burning calories. Fidgeters burned an average of 350 more calories per day compared to their lean counterparts.
- Not all couch potatoes are created equal – research shows that the couch potatoes with better posture moved more and hence burned more calories. While watching that movie add just 5 minutes of exercise, a few quick lunges, overheads, tricep dips, and you can even grab those 1 lb hand weights!

Burst Training

Burst training is where you push yourself at high intensity for short periods of time (the burst) with short rests in between. Research has shown that doing this with regular aerobic exercise greatly strengthened the heart muscle and decreased the chance of heart disease. What researchers did not know until recently, was how beneficial this was to your brain and nervous system.



Dr Psencik and her husband, Chris, on top of Guadalupe Peak, the highest point in Texas (winds were over 50 mph!)

How To Do Basic Burst Training:

- Warm up for 3-10 minutes
- Exercise as hard and fast as you can (high intensity – the burst) for 30 seconds.
- Recover for 90 seconds
- Repeat – you should work your way up from 3 reps (aka 3 bursts with 3 rests) to 8 reps.
- Recommended 2-3 times a week
- The exercise can be a multitude of activities, here are a few of my favorites: sprints, stationary bike, jump squats

To view some good Burst exercise tips, check out Dr Mercola's 8 Peak Exercises at www.article.mercola.com

Upcoming Free Classes Tuesdays @ 6pm

Spinal Stabilization March 15

Hips always need adjusting? Your neck feels like it goes out within a few days of coming in? Find out what exercises help hold your adjustment

Autism, ADD/ADHD, PDD and their Brain April 12

There seems to be a surge of children popping up with Autism spectrum disorders, find out what is at the heart of these disorders, and what you can do about it.