

LIFEFORCE

By Dr. Mark Rosenbloom MD



Welcome to [LIFEFORCE](#), a monthly blog created by award-winning medical innovator, author, and Optimal Performance & Health Practitioner, Dr. Mark Rosenbloom MD.

This evocative series (named after 'LIFEFORCE', Dr. Rosenbloom's highly lauded medical practice), will provide you with leading-edge medical insights and health-related information designed to help you THRIVE in your personal life *and* career.

Issue #5

The Exercist



Exercise

“Exercise is nothing short of a miracle.”

~Cher

In our last two issues, I covered some of the most important aspects of **nutrition**, and provided several steps for you to follow every time you step into a grocery store or raise a fork to your lips.

In today's issue, I am going to focus on the second Pillar of optimal health: **exercise**.

As mentioned in the introductory issues of this series, studies show that not all exercise is equal, or even *helpful*. In fact, some exercise can actually *harm* you (increasing your risk of heart disease, causing your body to *store* fat, breaking down muscle, damaging joints, fostering arthritis, and even speeding up the aging process). Therefore, it is critical to become knowledgeable in this area if you intend to gain maximum results and avoid doing more harm than good.

But let's begin with the obvious...

EVERYONE *needs* to exercise if they want to lead a healthy, robust, and optimal life. It IS possible to live without exercise; but studies have indisputably proven that doing so will lead to a poorer quality of life, reduced function, increased disease, and premature aging.

However, **NOT EVERYONE** likes to exercise, and those that *do* exercise quite often do so improperly.

We're mostly dealing with just three issues:

Issue #1: Lots of folks truly don't understand the costs and benefits involving exercise.

Issue #2: Many others *know* they should exercise but simply cannot maintain a regimen because they loath working out.

Issue #3: Some exercise is far more beneficial than others, while some is downright dangerous and unhealthy—knowing the difference can *make* a difference.

Since this article is aimed at a sophisticated audience, we are going to skip right over Issue #1 and assume you already know the countless benefits of exercise, and the unforgiving costs of avoiding it.



As for **Issue #2**... as it turns out, 'not enjoying exercise' is a HUGE problem for most people. As such, we're going to spend a few moments on *this* topic first.

Imagine where our species would be if we hated sex. It only takes a moment to realize that unless mother nature found some other clever incentive for pairing up partners, there would be no human race.

The same holds true for exercise... if you hate doing it, you won't. Or, at the very least, you won't do it consistently. And when it comes to exercise, **consistency is the KEY!** It is far more beneficial to work out **every day for 6 minutes**, than to work out for 3 hours once per month. In fact, working out for 3 hours once per month is more likely to **harm** your body, as it isn't used to the stresses you are placing on it.

So how do you overcome your resistance to exercise? Two of the most effective ways are as follows:

1. Play instead of exercise.
2. Exercise in short, frequent, manageable bursts.

Option #1: This involves participating in physical activities that you actually enjoy, such as playing sports, dancing, making love, hiking, walking, cycling, or just playing with your kids & grandkids. A combination of these is even better. Although this may seem like common sense, chances are you're either not doing this, or you're not doing this nearly as much as you could.



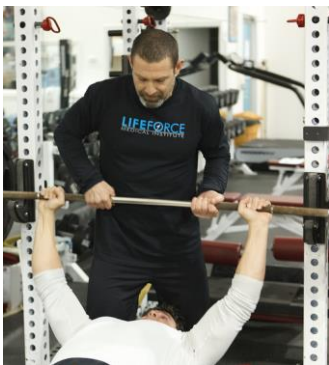
Solution: Make a list. Think of all the activities you enjoy and commit to them. Join a league or a team of some sort, as this will create both accountability (you don't want to let your teammates down by not showing up), and a scheduled regimen. Find a partner to enjoy them with and commit to each other (more accountability and more fun). And whatever you do: **don't wait**. Waiting will only lead you right back to square one. You *must* take action on this if you want it to happen. But once you begin regularly doing the things you love, you will find yourself getting all the exercise you need and sustaining it for life. Make a commitment to act on this **TODAY!**

Option #2: This isn't nearly as much fun as Option #1, but it *can* work. As it turns out, human beings can endure nearly anything for a few brief moments. The problem with using 'willpower' is that it dwindles over time. And when it comes to exercise, this time can be critical. If we know, for instance, that we need to work out for an hour, it will require far more willpower to get started than if we are only going to work out for a few minutes. And as you will learn in a moment, a series of intense 3-minute workouts can actually be far more effective than a single, moderate 1-hour ordeal. So, imagine setting aside a few 3-minute exercises each day and jumping right into it without giving it a thought. 'Thinking about it' is what usually keeps it from happening; in fact, one of my most successful clients, Hal Fournier, sleeps in workout clothes so that the moment he wakes up, he can put on his shoes and run out the door without thinking. And by doing so, he eliminates the chance of talking himself out of it, or making excuses. As a result he almost never misses a workout, EVER.



Solution: This type of exercise doesn't require driving to a gym or other time-consuming measures. It can be as simple as doing a few minutes of jumping jacks, running in place, skipping a rope, or doing a series of stomach crunches. And it's something that *anyone* can do. The key is to make it so basic that you'll actually DO it, and to **start now**.

Issue #3: The difference between healthy and unhealthy exercise can be summarized by comparing it to gardening. While plowing a garden is good because it uproots weeds and aerates the soil, if you *over* plow or plow in the wrong direction, you will tear up the good plants as well. In a similar fashion, the wrong kind of exercise or too much exercise can damage joints, strain tendons and ligaments, waste healthy muscle tissue, and even encourage fat storage.



While teaching you how to exercise properly may require a skilled, on-site trainer (or at least a few well-made YouTube videos), I *can* give you a few critical insights in this article in terms of the types of exercise you can do that will provide the greatest results.

I will go into greater detail on this topic in our next issue; but for now, I want to point out that studies have shown that short-burst or intensive-interval training, such as walk-sprints, tells the body to **build muscle** and **shed fat**, while long-term moderate exercise like jogging, actually encourages the body to **shed muscle** and **store fat**.

However, long-term slower movement like walking (even just standing) provide a multitude of positive benefits—which is why I strongly recommend having a stand-up desk and going for as many long walks as you can possibly fit in each day. An excellent way of getting in more steps is to go for a walk (or step on a treadmill) **every time you pick up your phone**. I call it a "Walk-n-Talk," and I highly recommend it. In fact, I often suggest to the person I am talking to that *they* do a "Walk-n-Talk" along with me.

Naturally, you will want to consult your doctor before embarking on a strenuous exercise program, and you will also want to **stretch before every workout**, and ideally throughout the day. If you study professional athletes such as Usain Bolt and Michael Phelps, you will see that many of them spend nearly as much time stretching as they do training. The benefits of stretching are many, including enhanced performance and fewer injuries. And if you don't have time to stretch, start doing it every time you're just sitting around.



And one more thing before signing off...

Although it isn't a form of exercise, I believe this is the best issue for mentioning **sleep**—which is as equally important as exercise.

Studies have shown that both our body and mind respond almost exponentially in regard to the amount of sleep we get. As an example, military personnel who get 6 hours of sleep are nearly twice as accurate at the shooting range as those who get only 5 hours of sleep while those who get 7 hours of sleep are nearly twice as accurate as those getting 6 hours. It begins to taper off after 7 hours, but many studies recommend a **minimum of 7 hours** and preferably 8 hours (especially women—who are often shown performing best of all after 9 hours of sleep).



FACTOR 75 offers meals for virtually every fitness level, so no matter what your goals, you can achieve them with the aid of their remarkable menu (which is, once again, why I not only subscribe to their service myself, but also recommend them to my clients!).

In our next issue, we will spend more time on Pillar #2 of 'The 5 Pillars of MAXIMUM Health & Fitness: EXERCISE. And this time, I will show you indisputable proof that most of you are exercising in ways that not only don't get maximum results, they actually hold you back. And I'll finish up with specific ways in which to get the absolute most out of your workouts, along with things you can do for aging muscles, and other unique challenges.

And for those of you who are looking for the personal support of an expert on 'The 5 Pillars of MAXIMUM Health & Fitness', I can personally help you implement (and eventually master), the insights offered in this series. Just reach out to me through my website www.LIFEFORCEmed.com and you will hear back from a staff member within 24 hours.

Until next month, remember,
'Good Health' is a choice... choose 'Well'.

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BIO

"Renowned Practitioner, Author, Speaker, Trainer, and award-winning innovator of medical and pharmaceutical solutions in DNA Diagnostics & Treatment, Dr. Rosenbloom is the CEO and Chief Medical Officer at [LIFEFORCE Medical Institute](http://www.LIFEFORCEmed.com)."

He began his training at Stanford University and attended Northwestern University Feinberg School of Medicine where he won the Dean's AOA Research Award and the prestigious Sigmund Winton Award in Biochemistry. Thereafter, he went on to become an Associate Professor of Medicine in the Department of Medicine at Northwestern University.

More recently, Dr. Rosenbloom trained at the Cenegenics Education and Research Foundation for Anti-Aging, and founded [LIFEFORCE](#) Medical Institute which focuses his practice on Optimal Performance & Health, and Bio-Identical Hormone Replacement Therapy (BHRP).