

# 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 #6

## The Exercist



### Exercise (Part 2)

**“You don’t need to exercise your entire body... only the parts you want to keep using.”**

~Dr. Mark Rosenbloom MD

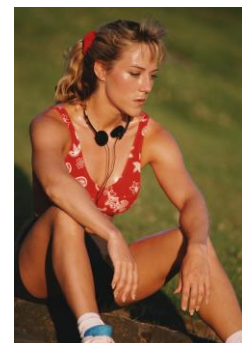
In our last issue (*Exercise Part 1*), we covered some of the basics of exercise, while providing you with several simple but effective options for gaining greater control of your fitness.

We also referred to studies which showed that not all exercise is equal or even *helpful*. In fact, some exercise can *harm* you (e.g. 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).

In today's issue, I intend to take you deeper. We are going to dispel some of the most dominant myths regarding exercise while providing you with current discoveries on this topic. You may already be aware of some of these facts, but I'll be amazed if you've heard of them all!

**Belief #1:** You need to exercise for at least 30 minutes to get any real benefit.

**Fact:** False. Studies have shown that exercising for just 10 minutes can trigger positive changes in your metabolism, and these changes can last for over an hour after you're done (such as increasing in the metabolite that breaks down fat and in the neurochemicals that create a sense of wellbeing). So, the claim that you continue burning fat long after you finish your exercise is true... it just isn't true that it takes 30 minutes to accomplish this.



**Belief #2:** Over time your body builds up a tolerance to exercise, so the more fit you become, the more you need to exercise if you wish to continue gaining the same benefits.

**Fact:** False. Studies have shown that not only do we experience over 20 positive changes in our metabolism which continue for an hour or more after even a few minutes of exercise, those who are the most fit experience up to ten times as much of an increase in these metabolic benefits over those who are less fit.



**Belief #3:** If I exercise, I will burn fat and build muscle.

**Fact:** True AND False. As it turns out, some forms of exercise can actually cause you to **burn** muscle and **store** fat.

I conduct entire lectures on the costs and benefits of proper exercise while focusing on one particular activity as being my single, favorite approach to gaining maximum fitness in a minimum amount of time: **Intensive Interval Training**.

I recently wrote a blog entitled “Breathless: The 3-Minute Workout Wonder”.

Let me start by saying that your body is **smart**; it has an intelligence of its own that is separate from the one with which you use to consciously process thoughts. Your body uses this intelligence to respond to its environment by altering its physical characteristics and metabolic processes to adapt to the environment you expose it to.

Exercise is a great example of this. Lift heavy weights, muscles get bigger. Run far, and you can run farther. It’s simple: your body adapts.

So, why are so many of the people I see (even those who work hard to get into shape) still unhappy with their body fat, weight, stamina, energy, and how they feel? Many spend **an hour a day** working out. They eat clean and take care of themselves. And yet, they do not receive the results they were hoping for.

The problem is that they are sending the wrong messages to their bodies; and their bodies (like the marvelous, smart machines they are) are doing exactly what they think is needed to **survive and thrive** in the exercise environment they've been subjected to.

A perfect example involves marathon runners vs. 100-meter sprinters:

- **Usain Bolt** has the body we all want: muscular and minimal fat. Under the hood, his heart and lungs are much stronger, and his life expectancy is much higher than your average person.



- **Mo Farah**, on the other hand, has almost no upper body muscles as well as fat around his belly. Under the hood, he has a weaker heart and lungs and will most likely die prematurely from heart disease.



How can this happen? They both eat well and train every day with the best trainers in the world. It is simple: Usain's training is focused on explosive maximum effort, very brief, high-intensity exercise (AKA: **High Intensity Interval Training** or **HIIT**).



This approach is similar to the survival benefit of having to run away from a saber-toothed tiger or chasing after a wild boar for dinner. Brief spurts of maximum intensity, strained heart, lungs, and muscles—**your body gets it**. These brief spurts trigger a cascade of metabolic changes that build muscle and shed fat. They also improve insulin sensitivity, increase metabolic rate, burn more calories, and your body becomes leaner by simply adapting to your environment.

On the other hand, Farah's training is focused on long runs and moderate intensity; he is burning fat over a long period of time. This is similar to a tribe of wanderers who are on the go every day or tending to fields and other low-intensity work. Your body gets this too; it will store large amounts of fat to burn as fuel for these extended episodes. As your body becomes efficient at burning fat, in turn, your metabolic rate goes down and **everything you eat gets stored as fat**. Your body will then start to shed useless excess body composition such as upper body musculature. It will even shed lung and heart musculature if it is not pushed to the limit on occasion.

This is why people come to me with body fat percentages of 35 or 40 percent. Even though they work out with trainers 3 times a week, jog every day, spin, or attend Zumba sessions, they simply cannot lose the weight.

What do they need to do? **Decrease the time spent working out** and **work out more intensely!** All the research is pointing to this now. If you “run away from a saber-toothed tiger” 5 to 6 times a day, you will start to look and feel more like **Usain Bolt!**



Perform the 100-meter dash at your maximum effort (let's say it takes you 3 times as long to run 100 meters as it does Usain). Then do it just 6 times and you will have spent 3 minutes exercising. This will bring about all the changes you need to build muscle and shed fat.

First, warm up for a couple of minutes. Then complete your first dash for as long as you can. Lastly, let yourself recover from the huffing and puffing (this can take from 45 seconds to 2 minutes). Repeat this process at least 6 times. It is very effective!

And you don't even have to run! Anything that gets your heart rate up past its anaerobic threshold will work! You can cycle, weight train, or even take a brisk walk (especially if you are out of shape). The key is bursts of **high-intensity exercise followed by rest and recovery**.

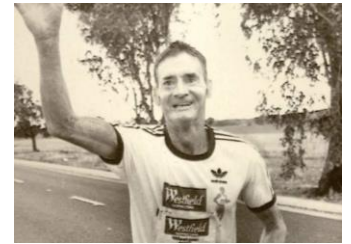
**Belief #4:** "No pain, no gain! Exercise needs to hurt to be truly effective."

**Fact:** True AND False. Although pushing yourself can build muscle and increase stamina, in some ways, it is the exact opposite of true.

If you look back a few thousand years, you will see no evidence of people exercising. What you will find instead are people simply going about their day, which included lots of walking, standing, or generally moving about. It is true that they were "exercising" their bodies, but it wasn't for health! It was simply to survive.



This point is beautifully illustrated by the well-documented story of Cliff Young. In 1983 this 61-year-old potato farmer entered the Australian 'ultra-marathon', an unimaginable 542-mile run from Sydney to Melbourne. And although he had virtually no training, no experience, and poor equipment, he managed to destroy the field of largely professional runners by an insane 10 hours! His secret? He worked so hard chasing chickens and running his farm that his body had become an unbelievably fit super-human machine!



Today, we participate very little in incidental exercise. Most of us, when we are not intentionally exercising, are sitting or lying down. However, studies show us that the body **needs to move**. It hates sitting in chairs—it **wants** to stand and walk about. Not only does this burn calories, but it keeps our joints lubricated and our blood flowing. It keeps our cells oxygenated, our minds sharp, and our backs straighter. Even just **standing** burns calories—so, if you're considering trading in your current sit-down desk for a stand-up workstation, now is the perfect time!

As stated in previous issues, you will want to consult your doctor before embarking on a strenuous exercise program, and you will also want to stretch before and after every workout (ideally, even throughout your entire day).

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

In our next issue, we will focus on Pillar #3 of The 5 Pillars of MAXIMUM Health & Fitness: **Hormones** (which are possibly the most poorly understood aspect of our physical well-being). This is because hormones impact nearly every bodily function from our emotional states to how well we sleep, and even the rate at which we age. So, when it comes to hormones, you can't afford to miss out on the next issue!

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](http://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'.

*Dr. Mark Rosenbloom MD*

Dr. Mark Rosenbloom MD

Chief Medical Officer **LIFEFORCE**

**LIFEFORCE** [www.LIFEFORCEmed.com](http://www.LIFEFORCEmed.com)

## **Dr. Mark Rosenbloom MD**

### **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](#).”

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).