

The Best Analogy I Can Think Of



If you went to the jungle and did a study of a sample of natives who began brushing their teeth for a couple of minutes 3 or 4 times a week you would find their oral hygiene superior to those who do not brush their teeth at all – this is obvious.

So then what would our approach be to convince the remaining natives they too should begin brushing their teeth? Americans would start a large ad campaign to encourage brushing 3 or 4 times a week – and the results, in persuading many to begin brushing, would be poor. Why? First, because we would focus on the cosmetic benefits, rather than the more important health benefits – few are willing to pay much of a price (for an extended period) for slightly whiter teeth. And secondly, because the incremental difference between not brushing your teeth at all and brushing for 6 – 8 minutes a week is not THAT great – yes, statistically, we can show SOME improvement, but not a great change for the better. We would do better to show the natives the benefits of brushing 14 times a week!

In the same way, Americans are losing the fight against bad health, not because they have been challenged too much, but too little and for the wrong reasons! Few question they would benefit from mildly exercising 3 to 4 times a week, but the promised benefits are frankly not that great – not much greater than brushing your teeth for a couple of minutes 3 or 4 times a week.

The focus has been distorted and misdirected. If you did not know better you would think the key to health is almost exclusively a person's weight. But in truth, proper weight is ONE of the RESULTS of doing what we should be doing, not the be-all and end-all. So people either try a million gimmicks (scams) to lose weight or give up trying to diet because neither method works, and more importantly, neither accomplishes much significant! A fat person in poor health who loses weight is simply an unhealthy thin person, often in worse health if they lose weight the wrong (artificial) way!

Or if not motivated to exercise, we see drugs as a panacea for good health. But the vast majority of drugs and other health care should be used as a bridge TO health, not as a life-long solution to underlying problems that can often be otherwise eliminated. Health issues generally signal a need for lifestyle changes – and a universal lifestyle change is the need to exercise as people age. And just as the need for exercise increases with age, the benefits likewise dramatically increase. While few people will be motivated to develop a long-term exercise discipline to lose weight, "tone" their bodies or accomplish the other promised cosmetic benefits, many would if they understood the synergistic effects of a reasonable exercise program – not "brushing" 3 or 4 times a week, but 6, 9 or 12 times (depending on the length of each session) a week!

The first three times a week (for 20 minutes or so) will have some, but little, impact – this is just the foundation for what the next 5 or 6 hours will REALLY achieve! Again, an hour a week does very little while 6 to 9 hours a week will do

VERY VERY MUCH. 6 hours of exercise a week is not 6 times as beneficial as 1 hour a week, it is many times as beneficial. The following are SOME of the benefits a person should see IF they exercise enough:

- ✚ Immune system enhancement – those who exercise properly get sick less often while healing quicker after being ill.
- ✚ Muscles are strengthened – back, neck and joints.
- ✚ Balance, flexibility and mobility are much better.
- ✚ Stamina is increased.
- ✚ Digestion is improved – gastrointestinal issues are lessened.
- ✚ They have more energy, are less tired, yet sleep is better.
- ✚ Processing of food and liquids is improved so that the absorption of vital nutrients is increased and hydration is enhanced.
- ✚ Elimination of waste and toxins is improved – thus, less attention has to be paid to what is eaten.
- ✚ Desire for better food is increased – cravings of fats and sweets are reduced.
- ✚ Metabolism is “reset” so that fat is burned.
- ✚ Joints remain more supple (assuming low-impact exercises).
- ✚ They are less sensitive to temperature changes.

As unmistakable evidences of better health, a person should see improved blood pressure, cholesterol levels, reduced need for drugs, waist size reduction and better weight control.

The often-recommended 30 minutes a day, three times a week, MAY slightly reduce the rate of physical weakening, but it is not sufficient to provide the physical benefits of reversing the decline, returning a person to optimum health for their age! And that is the paradox of why people typically fail when the “bar” is set too low while succeeding when challenged to do more.

1 minute x a person’s age x 6 days a week,
WILL
very significantly improve a person’s health!

An hour (60 minutes) a day, 6 days a week, for a 60 year old, 70 minutes a day, 6 days a week, for a 70 year old and if you live to be 120, 2 hours a day 6 days a week.

A successful plan will be one that is:

- ✚ Integrated into a person’s life as a long-term discipline, not a short-term strategy or plan.
- ✚ Evidenced by a noticeable reversal of health issues with the first few months.
- ✚ Mentally focused since developing a long-term exercise discipline is much more a mental challenge than a physical one.

- ✚ Low impact. Pain is neither good nor beneficial – the objective is to stretch and strengthen muscles and boost stamina, not to build mass and bulk!
- ✚ Equal parts stretching, aerobic and mild strength training.
- ✚ Primarily done inside and not dependent of weather or location.
- ✚ Transitioned to not being dependent on outside help as an exercise discipline is achieved – outside motivation (periodic meeting with other exercisers or a trainer) may be helpful occasionally, but a good plan is one that is time-efficient and not reliant on constant outside influences.

So the next time you brush your teeth consider why you brush 14 times a week instead of 3 or 4 times. How much more important is exercising the whole body, in effect doing for the inside of the body what brushing does for the teeth and gums.