

## **BECOME HEALTHIER WITH HEALTHFUL EXERCISE**

Keeping yourself healthy should be a priority in your life, even if it isn't your topmost concern.

To accomplish your other life goals, you need a working body and an energetic mind.

You have to be able to get up early -- the earlier the better -- and work with vigor and intelligence throughout the day. You have to be able to enjoy yourself and have fun, spread some cheer in dreary places, build a loving family life, help your friends, make a good living, cultivate a profitable side business, invest in real estate, and more.

In short, to live a full, productive, and happy life, you need to be as healthy as you possibly can be.

Achieving good health is a matter of developing healthy habits. The two major habits you need to form are (1) eating well and (2) exercising sensibly. Having a healthy body has little to do with weightlifting and muscles. It has little to do with the shape of your bottom.

It is about being lean and strong and flexible -- and you can become leaner and stronger and more flexible if you resolve to follow this program:

### **FOR YOUR STRENGTH**

Do some muscle training (free weights, machines, cables, calisthenics) every week. It's not necessary to spend a lot of time or push a lot of weight; the important thing is to gradually make yourself stronger.

The goal is simple: To get a little stronger every month.

### **FOR YOUR FLEXIBILITY**

As you get older, flexibility becomes extremely important. If it isn't already, you should make flexibility training a cornerstone of your exercise routine.

Plan to spend at least an hour each week toward this goal. Stretch twice a day (in the morning and evening) for about five minutes. This routine alone will make a noticeable difference.

### **FOR YOUR HEART AND LUNGS**

To get the inside of your body working at optimum levels, you have to do some cardiovascular work each week. Again, you don't have to go overboard. (In fact, some of my sources say that marathon running is bad for you.) The trick is to push yourself to make progress but to do so at a gradual pace so you don't hurt yourself.

Cardiovascular training: Mix it up, to avoid boredom.

For more information on exercise, see Message #235 ("[Fitness for Overachievers](#)") and Message #614 ("[Reduce the Time You Devote to Exercise and Increase Your Lifespan](#)"). Also, read Dr. Al Sears' "Health Confidential for Men" (even if you are a woman). Dr. Sears is particularly well-versed in strength training -- having worked with athletes and having been an athlete himself for many years -- and both his monthly newsletter and his weekly e-mail service are full of great routines and useful tips. Click here for more information: <http://www.agora-inc.com/reports/BUL/EarlyRiser7/>

To reiterate:

- \* Make a serious commitment to getting healthier this year.
- \* Identify the key areas of health you want to focus on and set yearly goals.
- \* To achieve those goals, establish a weekly exercise routine -- something that incorporates strength training, flexibility training, and cardiovascular exercise.
- \* Change your exercises and routines as soon as they get boring, but don't stop unless you get injured.
- \* Read more to learn more.

*---Excerpted from the Health Sciences Newsletter*

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