



# A Lifestyle of FitNESS

## Nutrition, Endurance, Strength and Structure

With the rise in obesity and the concerns about health care reform, it is more important than ever that each individual and family make fitNESS a part of their lifestyle. The question for you is, will you wait for a crisis such as acute pain or a heart attack to make the changes, or will you make them because you want to live a better quality of life? These fitNESS tips will ensure that you have a well rounded plan that you can enjoy for a lifetime.

### The 4 Components of FitNESS

There are four components to overall fitness. The last four letters of the word "fitness" form an acronym. They are nutrition, endurance, strength and structure.

#### Nutrition: Consume QC's and not EC's

Good nutrition is important for your body to be healthy. Garbage calories in will lead to sickness, low energy, and pain. Excess calories lead to obesity and disease. QC's are quality calories. They come from live foods such as fruits, vegetables, lean proteins, and whole grains. QC's are nutritionally satisfying because they contain vitamins, minerals, fiber and amino acids that are the building blocks of a healthy body. EC's, empty calories, are foods such as white sugar, white flour, and white rice, which add calories to your diet without nutritional value. Be conscious and choose QC's over EC's.

#### Endurance

Endurance comes from cardiovascular exercise. Whether it is from walking, running, bike riding, the elliptical, basketball, tennis, soccer, or a rowing machine, this type of exercise is necessary for your heart to stay healthy. Get 30 minutes of cardiovascular exercise at least 3 to 4 times per week. Wear a heart monitor and monitor your heart rate while you also count the number of calories you burn. As your stamina improves, increase your intensity to increase your results.

#### Strength

Your level of strength will determine your ability to do things as you age. Through regular strength training with a personal trainer or on your own, you can build muscle and stand strong, no matter how many birthdays you celebrate. The saying, "if you don't use it, you lose it" is definitely true when it comes to strength. Make strength training a priority.

#### Structure

Hippocrates said, "Look well to the spine for the cause of disease." Edison said, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." There is no way around it, you have got to take care of your spine and make it a priority.

If you have been on a weight loss roller coaster ride, you may not be aware of how this affects your spine. When you add extra pounds and then remove them, your posture will have to change to keep you balanced. This can cause and aggravate underlying spinal problems. When you make fitNESS a part of your lifestyle and eliminate these fluctuations, your spine and nerve system will be healthier, and so will your whole body.

Make your fitNESS a priority. Ask us about our educational programs on Lifestyle, Fitness and Nutrition that you can attend with your family and friends. They will give you the knowledge and information you need to improve your health and quality of life, and take care of your spine. If you would like to count your calories and log your food online, or customize a fitness program for yourself without a trainer, you can do this at [www.100yearlifestyle.com](http://www.100yearlifestyle.com).

Make your fitNESS a priority today.