

Increased energy and improved health are only four simple steps away. Regardless of your age, these four basic concepts can guide you on the road to wellness-- today and for the rest of your life.

This month, in the second of our four-part wellness series, we focus on exercise. Of vital importance to your overall health, regular exercise provides many physical benefits. But new research indicates that exercise can dramatically improve your psychological and emotional health, too.

If you missed part one in last month's issue (how to increase your energy, lose weight and improve your health by drinking water), please contact us and we'll email a free copy to you.

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NUTRITION+YOU

Daily exercise can positively affect the way you feel and help improve your eating habits. The more you exercise, the more you see food as a tool for health rather than something that may control your life. The enjoyment of how your body feels after a nutritious meal becomes more important than the momentary pleasure of eating food loaded with fat and/or sugar.

You'll also learn how food affects your life. For example, eating a heavy meal makes you feel tired and sluggish, but healthy foods make your body feel happy. The more you exercise, the more motivated you'll be to eat healthier foods-- which makes exercise more enjoyable.

And once you experience how your body feels after healthier meals, you'll see that you can still enjoy your favorite foods in moderation and without guilt. By not succumbing to every temptation, you're sure to savor every single bite when you do indulge.

An added bonus? Healthy eaters are more proficient at avoiding typical nutritional pitfalls like party foods,

balanced diet have more efficient hearts-- the equivalent of someone 15 years younger.

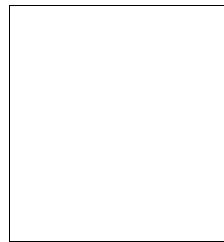
To maintain a more consistent energy level and avoid over-eating throughout the day, eat more often and break your meals into smaller portions. As you become more physically active, remember to drink enough water. Your body requires a daily intake of over two quarts of water in order to function optimally. Any additional physical activity requires additional hydration.

These changes come over time as you slowly adjust your habits, choices and lifestyle. Be patient and stay on track, one healthy choice at a time.

WE'RE GLAD YOU ASKED

Q: Does muscle weigh more than fat? Also, does muscle burn more calories than fat?

A: Muscle and fat weigh the same. However, muscle is denser and takes up less space than fat. A pound of muscle and a pound of fat both weigh a pound.



However, it's estimated that a pound of muscle burns between 20 to 80 extra calories per day. Fat burns essentially zero calories. Thus, adding muscle can help you burn more calories and lose more weight.

Q: Does my daily walk on the beach count as part of my newly launched exercise plan?

A: A stroll-on-the-beach type of walking is better than no exercise at all. But in terms of reaping any health benefits, you need to be more vigorous. The health benefits of walking are determined by both the number of steps and the speed. A speed of 3 to 3.5 miles per hour is the recommended minimum pace for strong health benefits. Sustain this speed for about 20 minutes and you'll probably cover about a mile. Keep this up for the next 30 days and you'll probably wonder why you didn't start walking sooner!

Have a question?

VIP (Very Important Product)

No matter how well you eat, odds are that your diet doesn't provide you with all the necessary vitamins and minerals. Preventive doses of vitamins can improve your quality of life and also significantly

any age, but as you get older, it's increasingly important. Daily exercise is vital to prevent middle-age spread in men and help manage menopausal symptoms in women. Many other aging issues such as decreased muscular strength and flexibility, loss of bone mass, slower metabolism, increased body fat, fear and risk of falling, and slower reaction times can be signs of inactivity, which can be minimized or even prevented with exercise.

Protection against heart disease, stroke, diabetes, obesity, hypertension, memory loss, colon cancer, fractures, and depression should be enough to convince men to exercise. But those who need extra motivation should consider the added benefits to their prostate, according to the May 2007 issue of Harvard Men's Health Watch. A recent study revealed that regular exercise is associated with a reduced risk of moderate and severe symptoms of benign prostatic hyperplasia (BPH) and that the most active men were 28% less likely to have lower urinary tract symptoms.

Stressed out? About 75 to 90 percent of all doctor visits are stress-related. Exercise can help relax tense

reduce the risk of cardiovascular disease and cancer, the leading causes of death.

Supplements can provide proper metabolism and protect against health issues such as heart disease and cancer. With the right vitamin supplements, you should see a reduction in colds and flu over the course of a year, increased energy, improved quality of sleep, fewer injuries, and healthier hair, skin and gums. This month we are featuring two supplement products.

The Healing Arts Center's Men's Multi Plus is a comprehensive multi-vitamin and mineral formula developed specifically for men. Men's Multi Plus capsules contain a full spectrum of bioavailable trace elements-- with the exception of iron. Supplemental iron is unnecessary for most adult men and women and may be potentially harmful. Excessive amounts of iron have been linked to heart disease, arthritis and cellular damage. Copper is included because of its importance for SOD antioxidant enzyme activity and to maintain a healthy balance with zinc. Of special interest, Men's Multi Plus does not contain Vitamin K, making it suitable for those using anticoagulant medications who wish to avoid taking this nutrient.

The Healing Arts Center's Women's Multi Plus is a versatile, high potency multiple vitamin and mineral supplement that contains easily absorbed forms and nutritionally meaningful amounts of 30 essential vitamins, minerals and trace elements. Nutrient forms that provide documented bioavailability also are included for maximum benefit. The 1:1 calcium to magnesium ratio, high-potencies of vitamins E, C, and B-complex, extra pantothenic acid for adrenal support, and full complement of trace elements distinguish this formula from ordinary multiple vitamins. Women's Multi Plus is free of common allergens, artificial flavors, preservatives and colorings.

Order now

muscles. And if you're trying to lose some pounds, maintain your weight or improve your self-confidence, self-esteem and overall sense of well being, regular exercise is for you.

Feeling blue? Exercise can be as effective as antidepressants in treating anxiety and depression. Research indicates that moderately depressed individuals who engage in daily aerobic exercise for 30 minutes often experience an upswing in their mood within a few weeks.

Sleep-deprived? More physical activity equals less insomnia. Exercise tires your body (leaving you less likely to toss and turn) and reduces stress and anxiety, which often contribute to insomnia.

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