

## Healthy Exercise – part 1

I cannot emphasize enough how important exercise is if you want to improve your prostate and general health. If you have had a relatively sedentary lifestyle and have done very little exercise, which may in part have contributed to your prostate disease. A regular pattern of exercise, three or more times per week, can do wonders and make you look and feel younger. But let me tell you a bit about the kind of exercise that you should do and why?

If you do the right kind of exercise and make your diet ketogenic, you will lose the belly fat that increases your risks of ill-health. You are more likely to get prostate cancer if you have a waistline in excess of 37 inches. Similarly, you are more likely to get diabetes, heart attacks and strokes. Any one of those diseases will reduce the pleasure in your life. So going ketogenic combined with the right exercise and my supplements will not only help you with your prostate disease. It will make you more likely to age gracefully and not really begin to see age-related

physical and mental decline until you are past 90. So what is the best exercise? If you can do nothing else, then a brisk walk for an hour every day is a good start. But if you can do more, it would be better.

There are two kinds of exercise that are best for your health.

The first is resistance exercise like doing weights. I'm not suggesting you need to become a bodybuilder. The importance of introducing your muscles to some resistance and then eating protein within the hour, will slow the inevitable decline of your strength as you age. Building muscle has two benefits. As you age, you are more likely

to fall. When your bones are surrounded by muscle, you are far less likely to break them. Increased muscle mass also increases the rate of your metabolism so it makes the ketogenic diet more effective at weight loss. In principle, your aerobic exercise should be the sprinting variety, not the marathon. Men who do the marathon, reduce the capacity of their heart and the capacity of their lungs. Marathon runners are more likely to suffer a heart event, sprinters very rarely.

The best way to do aerobic exercise as you age, is to avoid impact which can damage your cartilage, tendons and bone. That is why swimming is such excellent exercise since you can sprint and if you work at it, even provide resistance. And you do this without any impact which could cause damage. So whatever kind of exercise you do, whether it is on a standing bike or swimming, sprint and take a rest in between each short session. That is called interval exercise which studies have proven to be the most effective for fitness. And remember this, the older you get, the harder you have to work in order to maintain your fitness. This is one game you will inevitably eventually lose. But the harder you work at it, the longer it will take for you to lose.

In my next video I will try to introduce you to variety of exercises and many types of them that you can do.