

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.

Healthy exercise – part 2

Many difficulties of aging are connected with inactive lifestyle and lack of physical activity. While your chronological age may be 50, your biological age can be 30 – but only if you exercise regularly. You don't need to run the marathon to get results. Walking, swimming or playing with the grandkids are all great ways to get exercise.

There are many different types of exercise you can do. Here are some areas that you might think about, chose the ones that suits you:

Stretching/flexibility exercises & balance - Challenges the ability of your body's joints to move freely. It increases your range of movement for ordinary physical activities such as looking behind while driving, shampooing your hair, or playing with your grandchildren. Flexibility and balance you can find doing:

Yoga, is a good option because it can be adapted to any level. Moving through the poses works on strength, flexibility and balance.

Tai Chi and Qi Gong. Is a martial arts-inspired systems of movement that increase balance and strength and it's easy at any age.

Cardio/endurance exercises, you are using large muscle groups in rhythmic motions over a period of time. It includes walking, stair climbing, swimming, hiking, cycling, tennis, dancing and many more.

A special and recommended exercise in this area for people over 50 is actually **water aerobics and water sports**. Working out in water is wonderful for seniors because water reduces stress and strain on the body's joints. You can also try to find **senior sports or fitness classes**. They will keep you motivated while also providing stress relief, fun and a place to meet friends.

Strength/power exercise building up your muscle with repetitive motion using weight or external resistance from body weight, machines, free weights, or elastic bands.

The best way to build real functional strength is to practice calisthenics, exercises that put your body through natural patterns of movement. Calisthenics are also much more effective in strengthening ligaments and tendons. And, by doing regular calisthenics, you will be lowering your risk of injury and building muscle that has been trained for function.

In general you should repeat each exercise as many times as you can, ideally build over time to at least 30 times per exercise. You do not have to do all the exercises each day, you can do different sets each day. Do them in short bursts of 10 minutes or less.

In my next video I talk about the importance of good sleep and why you should try and ensure that you have a certain amount of uninterrupted good quality sleep for the benefit of your health.