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Exercise: What does that mean?

Get more exercise. How many times have we heard that? What exactly does that mean? Years ago I sat on an incline bike at 24 Hour Fitness in Pasadena, TX listening to a 30+ 50+ year old smoker complaining to his equally pre-disposed buddy that his doctor told him to get more exercise and that the afore-mentioned pending cardiac arrest was aghast when his doctor told him that being able to bench press over 200lbs didn't count. Exercise can be divided and sub-divided into many different categories, but there are really 2 main types.

Aerobic and anaerobic, Latin for with and without air; you breath during aerobic exercise, but actually hold your breath during anaerobic When your doctor tells you to get more exercise, he's talking about aerobic (jogging, swimming, biking, basketball....) vs. anaerobic (weight lifting). Before all you nay-saying meatheads start leaving dirty messages on my facebook, strength training is important, just not that important. Aerobic exercise however, improves not just your physical, but psychological and emotional wellbeing too; and can be

used to treat/prevent depression along with nearly every chronic disease from abetaipo- protenemia to zygomycosis including heart disease, diabetes and cancer. It keeps/burns the weight off while boosting your over-all energy levels, promotes better sleep and (make the kids leave the room): sex. And for some demented souls out there, exercise can be fun. What should you do? Pretty much anything you want that gets your heart rate to whatever 220 minus your age is for 20 minutes three times a week.

Product of the week: HGH support

HGH is responsible for the repair and regeneration of human tissue throughout our lives. By the time most of us are 30 years old, our bodies no longer produce enough HGH to repair all of the damage that is occurring in our bodies. As our HGH levels continue to decline, the damage that we call aging continues to accelerate. By increasing the levels of HGH in our bodies, we can slow, or even reverse, many of the manifestations of aging. The safest way for increasing HGH is to take a substance that increases the natural secretion of HGH by the pituitary gland. Growth Hormone Support contains the amino acids arginine and ornithine. These amino acids may synergistically support healthy growth hormone production. Growth hormone is naturally released by the pituitary gland in response to sleep and exercise.

Condition Of the Week

Kidz Corner

An apple a day really does keep the doctor away!!!



Apples are a nutritious and tasty treat. Did you know it takes more calories to digest an apple with its skin than the apple has? That means each apple you eat is really **negative calories**. That makes it the perfect snack. Which means we are in luck, because this time of year all our

neighborhood orchards offer pick your own apples at a great price! Kids love to eat the food they go out and pick. Pick a few baskets of fresh apples to last for a while. Apple recipe ideas

- Plain
- With Yogurt
- Baked
- Pie

- Turnovers
- Muffins
- Pancakes or waffles

Kids can be taught to love healthy snacks. If I cut up an apple and put it on the table next to a plate of cookies, the apple will disappear. (So will the cookies☺)