



The 7 Laws of Wellness:
Exercise & Oxygen

48 Day Transformation
With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel
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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

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7 Laws of Wellness



1. Nutrition
2. Hydration
3. Detoxification
4. Rest
5. Faith
- 6. Exercise/Oxygen**
7. Sunshine/Outdoors

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Our Bodies Were Created to Move!!



All Kinds of Activity Can Be Beneficial & Fun

- Walking
- Riding a bike
- Hiking
- Swimming
- Dancing
- Playing a Sport



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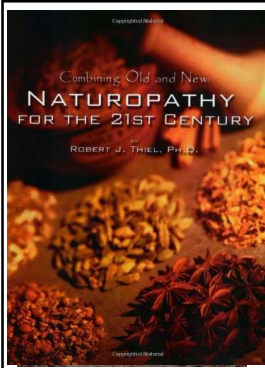
Reasons To Keep Moving:



- Makes you happy and relaxed
- Boosts confidence and self-esteem
- Maintain weight
- Preserves Bone density/increase bone mass
- Deepens sleep
- Enhanced arousal for women
- Less likely to have erectile dysfunction
- Chance to unwind
- Can be a social experience



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Walking

- A Young Healthy Man Should walk 6-12 miles/day!!
- Everyone else should be walking at least 3-5 miles/day!!
- Consistency is Key
- Start Out Slow
- Exercise before 6pm
- A light walk can aid in digestion

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Tips For Adding Exercise to YOUR Routine:



- Park far away
- Take the stairs
- Walk wherever possible
- Boost your spirit with a scenic walk
- Get a pair of GOOD walking shoes.

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Two Feet / Two Hearts...

There is an especially valuable cardiac benefit from walking few people know about. It helps relieve an enormous pumping burden imposed on the heart by our upright posture and long legs.

The heart has to work against the force of gravity to pump "used" blood all the way back up from the feet for reoxygenation and recirculation. That takes enormous pumping power!

To help the heart with this extra load, the body has developed two "booster hearts"—one in each leg—which come into use as soon as you start walking. When you're standing still, the heart pumps the blood all alone. But the instant you take a step, the booster hearts immediately spring into action and the calf muscles contract.

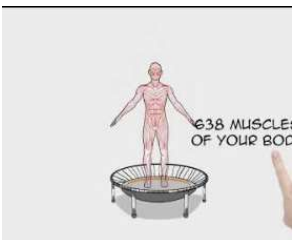
This exerts a forceful upward "milking" action on a large vein through which blood returns from the feet to the heart! When the calf relaxes between steps, valves [in the vein] above it close to keep the blood from slipping back down.

Each step repeats the process, pushing more blood up toward the heart. Thus, all the time you're walking, each leg serves as an assistant heart, helping the true heart pump blood.



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REBOUNDING



- Invented in 1938 by Al Carter
- Zero-impact exercise
- No strain on Joints
- Comes with a stabilizing bar
- Increases Lymphatic flow
- Helps flush cells

<https://www.youtube.com/watch?v=8GIR2x5ERA9>

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33 Benefits of Rebounding

- Provides an increased G-force (gravitational load), which benefits the body by strengthening the musculoskeletal system.
- Protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
- Helps manage body composition and improves muscle-to-fat ratio. Rebound exercise benefits you by giving you more control over these.
- Beneficial lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. This benefits the body's immune capacity for fighting current disease, destroying cancer cells, eliminating antigens, and preventing future illness.
- Circulates more oxygen to the tissues.
- Establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
- Increases capacity for respiration.
- Tends to reduce the height to which the arterial pressures rise during exertion.
- Lessens the time during which blood pressure remains abnormal after severe activity.
- Assists in the rehabilitation of existing heart problems. Rebound exercise also benefits recovery from heart procedures, providing gentle, low-impact circulation.
- Increases the functional activity of the red bone marrow in the production of red blood cells.
- Gradually improves resting metabolic rate so that more calories are burned for hours after exercise. Related rebound exercise benefits the post-exercise "glycogen replenishment" process.
- Causes core muscles and large muscle groups to contract, resulting in the rhythmic compression of the veins and arteries, which more effectively moves fluids, both blood and lymphatic, through the body and back to the heart, lowering peripheral blood pressure and lightening the heart's load.
- Decreases the volume of blood pooling in the veins of the cardiovascular system, preventing chronic edema.
- Encourages collateral circulation by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
- Strengthens the heart and other muscles in the body so that they work more efficiently.
- Gradually allows the resting heart to beat less often. Regular rebound exercise has been shown to benefit the heart rate, resulting in favorable decreases in resting heart rate.
- Lowers circulating cholesterol and triglyceride levels.
- Lowers low-density lipoprotein in the blood and increases high-density lipoprotein holding off the incidence of coronary artery disease.
- Promotes tissue repair.
- Rebounding for longer than 20 minutes at a moderate intensity at least 3 times per week increases the mitochondria count within the muscle cells, benefiting total endurance. Perhaps you will easily skip those naps.
- Benefits the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
- Improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibers.
- Improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
- Offers relief from neck and back pain, headaches, and other pain caused by lack of exercise. Rebound Exercise has been shown to benefit body alignment and posture.
- Enhances digestion and elimination processes.
- Allows for deeper and easier relaxation and sleep.
- Results in better mental performance, with keener learning processes.
- Curtails fatigue and menstrual discomfort for women.
- Minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
- Tends to slow down atrophy in the aging process.
- Is an effective modality by which the user gains a sense of control and an improved self image.
- It is enjoyable!**



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Importance of a Strong Core:

Support our Every Move
Makes movement easier
Creates balance

- Protects against:
 - Poor posture
 - Lower Back
 - Pain Injuries



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Yoga Health benefits beyond the mat

Better Body Image
Focusing inward during yoga helps you be more satisfied with your body and less critical of it.


Heart Benefits
Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

Overall Fitness
Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tones up your head, lungs, and blood vessels.

Mindful Eating
Being more aware of how your body feels carries over to mindfulness as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

Weight Control
Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.

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Personal Training Resistance Exercise & Muscle Activation Techniques

Reasons to Hire a Personal Fitness Trainer:

- Create accountability
- Help to figure out your goals and build a plan
- Learn how to do an exercise properly
- Choose the right exercises for your body's shape

-Daren Costers

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Exercise & Emotional Wellbeing

Exercise Releases Feel-good Hormones:

- Serotonin-is responsible for happiness, restful sleep, and a healthy appetite.
- Endorphins-make you feel exhilarated and happy. They also ease feelings of pain.
- Dopamine-creates feelings of pleasure.

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