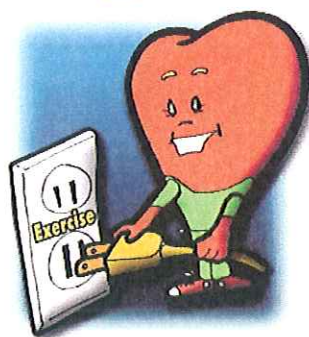


Energize Your Body



Did you know that exercising regularly can:

- make you feel more energetic
- help you lose weight
- help you sleep better
- lower your chance for diabetes
- lower your chance for a stroke
- lower your blood pressure
- improve your blood cholesterol levels
- and just make you feel better all over?

You can energize your body by adding more activity to your daily routine. Any movement you do burns calories, and the more you move, the better. **Check out some of these simple activities to get you started:**

- ▲ Get up 15 minutes earlier in the morning and stretch.
- ▲ Jog in place at home or in the office.
- ▲ Ride your stationary bike while watching TV.
- ▲ Work out with an exercise video or DVD.
- ▲ Use the stairs instead of the elevator.
- ▲ Walk to each end of the mall when you go shopping.
- ▲ Park your car a few blocks away and walk.
- ▲ Play your favorite dance music and work on your moves. Take a dance class with a friend or loved one.
- ▲ Jump rope or play tag with your kids or grandkids.
- ▲ Use hand-held arm weights during a phone conversation with a friend.

What type of physical activity is best for you? The best type is the one or two that you will do! Pick an activity that you enjoy doing and one that will fit into your daily routine. Start with moderate levels of activity and work your way up. Moderate activities such as walking and climbing stairs for 10 minutes, three times a day can improve your health. Other moderate activities to consider are gardening, vacuuming, or bowling. If you're looking for more vigorous levels of activity, consider bicycling, jogging/running, swimming, marching in place, doing aerobics, or playing sports (basketball, football, soccer, or baseball).

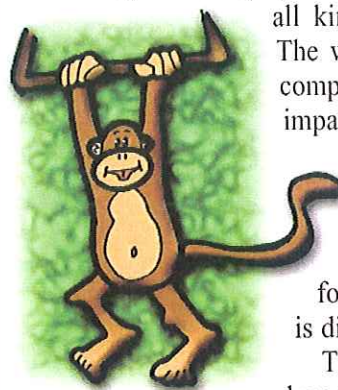
Schedule Exercise

- Work out with a family member, friend, or neighbor. Teaming up with a partner keeps you both motivated.
- Start a physical activity group at your church.
- Keep a pair of walking shoes at work. Hook up with a coworker and use part of your lunch time or breaks to be active. Challenge each other to better health.



The 30-Second Miracle

From the moment you are born until you die, your body has to deal with the constant downward pull of gravity. Over time, particularly if you're overweight, gravity causes all kinds of debilitating effects.



The worst effect is the eventual compression of the spine, which impairs the nervous system that controls every function taking place in your body. And this causes accelerated aging, because nerve force to all of the vital organs is diminished.

This is why I want to introduce you to one very simple isometric exercise that allows you to beat gravity at its own game. This simple and enjoyable exercise instantly transforms gravity from a compressing, degenerative force into an elongating, regenerative one. This exercise will realign and balance the body, providing natural traction. It can also help prevent or reduce the severity of osteoporosis in older people. It strengthens your forearms and grip, reduces wear, tear, and pressure on the spine, and opens up and decompresses every joint in the body.

What is this miraculous exercise? It's simply hanging – a completely natural, enjoyable, and even instinctual exercise. All you need is a doorway hanging bar, which is available at most sporting goods stores – the kind with brackets that screw into the sides of the doorjamb for security. Even a good strong tree limb will work.

This is how it's done. Every morning upon rising and every evening before retiring, grasp the bar (bending your knees if necessary) and hang. If your grip isn't strong enough to support your whole weight, stand on the floor or chair to support part of your weight (but as little as possible) until your grip becomes stronger, which usually happens in a matter of weeks. Start hanging for 5 to 10 seconds, and add 2 seconds each week until you're up to 30 seconds or more, breathing slowly and as deeply as possible while feeling your arms, shoulders, and entire spine stretch out. You'll discover that 30 seconds of hanging provides the equivalent of a 20-minute massage with added strengthening benefits.



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of Pushing Yourself to Power. He created the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on John Peterson and Transformetrics, visit www.bronzebowpublishing.com or call 1-866-724-8200.