



30 DAY EXERCISE GUIDE

Enjoy
life,
more.

— YOUR GUIDE TO — THE IMPORTANCE OF EXERCISING AND AGING



If you've been curious about the importance of exercise during the aging process, then you're probably already aware that exercise is one of the best things that you can do to increase your quality of life. Exercise can help you to maintain a level of activity that helps you to combat depression, isolation and some physical ailments. People who don't exercise are more likely to fall into these behaviors, so what other reason could there be for staying active? The next few paragraphs will be exploring some of the reasons you need exercise for healthy aging.

Long Term Beneficial Exercise

All exercise that is within healthy limits is great for you, but the most beneficial form of exercise that you can do for your lifetime is aerobic exercise. These types of exercises help you to perform the duties of everyday life with strength and confidence. They also give you a proper amount of heart rate increase if you do them frequently. This helps improve the elasticity of your arteries by more than 33%. This helps with blood pressure control, which prevents a lot of the condition associated with heart disease. This type of exercise also helps you to keep endurance, so you won't become tired during tasks as quickly as you would if you were a lot less active.

Stimulate Waste Removal

As people grow older, they move around a lot less, which can have terrible consequences for people who were previously more active. Activity helps break up lymph, and wastes in the body. If you are less active over time, these wastes can buildup in places in the body and result in sudden issues that require medical intervention. People who do a large portion of their work while sitting are admonished to get up for a moment at least once an hour to keep healthy circulation. Imagine how unhealthy it could be if this was going on without interruption for years.

Human Contact and Safety

One great way to get motivated to get out and move around is to see other people. Spending time with others and getting physical activity in can be lifesaving. Another great reason to go with others, is that it can be dangerous for older people to go on long walks alone if they have decreased mobility, but if they are with friends, they can be safer to engage in exercise without having to worry about safety to such a high degree.

EXERCISE FOR CHANGE

BE INTENTIONAL AND HAVE FUN WITH THESE 4 POWERFUL EXERCISES.



Increase core strength and balance. Make sure to keep arms out straight to engage the core.



Old school jumping jacks increase circulation and metabolism.



The "Upward Dog" pose helps relieve tight back muscles. Hold for 3 seconds and relax.



Walking: Be intentional and set aside personal time to walk. Preferably with a friend and outside. Get fresh air, sunlight, and try and work up a sweat.



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“Let food be thy
medicine and
medicine be thy
food.”

-HIPPOCRATES



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sea
MORE LIFE

THANK YOU

Dr. Ron Fulmore, II

CHIROPRACTIC PHYSICIAN



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