

Dr Stanton's Life Style Changes. Live Longer, Feel Better!!

Exercise-

Key Phrase: **30 min, 3 days per week.** This is how often you should do cardiovascular exercise. One thing to remember is that you need to work at a sufficient pace. We determine this by heart rate. Exercise at about 80-90% of your maximum heart rate. Your max heart rate is 220 – your age. For example, 220 – 40 yrs old = 180 max heart rate. 80% of this maximum is 144 beats per minute. You can do a bike, treadmill, Elliptical or other activity. Research shows that exercise controls blood sugar, helps cholesterol levels and extends life.

Resistance Exercise: Yes this means weights, machines or even stretching bands. Push your muscles against resistance and build muscle mass, get stronger and increase bone density. Get an expert opinion on your workout if you are a rookie.

Diet-

Key Phrase: **Avoid Simple Whites.** This means avoid foods that are refined, processed and white. This includes things like white bread, crackers, white flour products, corn flakes, potatoes and many types of pasta. Also avoid sugared drinks. Why? These foods raise blood sugar, cholesterol levels and cause the body to store more fat. (The low carb theory)

Avoid trans fats aka partially *hydrogenated oils*. These raise cholesterol and cause inflammation. Most vegetable oils are not really good for you and the same is true of fried foods. French fries are particularly bad.

Do eat more fruits and vegetables. Do take an Omega 3 fish oil capsule before 3 meals per day. Do add cinnamon, ginger and turmeric (curry) to your foods. They are antioxidants. Do use extra virgin olive oil, which is a “good” fat. Consume saturated fats like meats, milk fats etc. in moderation. Get a diet analysis if you need help to change what you eat.

Joint Health-

Key Phrase: **Keep Joints Moving.** This means that a moving joint is a happy joint. Stretch and stay active. If you have chronic pain or pain from an injury see about getting it fixed so you CAN exercise. Consider chiropractic care as a means of regaining and maintaining mobility well into old age. Healthy, moving joints are less likely to get arthritic. Try glucosamine/chondroitin supplements for cartilage health. Use proper biomechanics. See the “PowerPoint” show at my website about proper sitting and lifting. You need to have PowerPoint or PowerPoint Viewer on your computer to view the show. www.drpeterjstanton.com

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