

## **Exercise for Longevity!**

Louise Swartswalter, ND, CBS

[www.louiseswartswalter.com](http://www.louiseswartswalter.com)

### **SESSION 7: Exercise that Supports Longevity**

This is a fundamental session on exercise and how it can keep you youthful. Breath is Life and learning how to harness and control your breathing will transform your connection to your greatest source of energy and your highest Self.

Laurene Leyba, Yoga Instructor, healer, and biofeedback therapist is going to teach breathing techniques and yoga that will greatly enhance your power and focus.

There is so much confusion about exercise- what kind, how often, at what pace? Do I need to rotate, stay consistent with aerobics? Will I loose muscle? Help?? Let's clear that confusion and simplify. These are recommended. So will you fit these all in? Discipline and a plan.

**Strength Training** -resistance training - critical to an anti-aging system. builds muscle.

**Flexibility** -vital in maintaining the integrity of your musculoskeletal system and ensuring that you will have the freedom from pain and mobility you need to live a full and active life.

**Aerobics** -recommendations for minimal cardiovascular training are that the individual needs to get their heart rate to 80% of age predicted maximum (220-your age in years) and keep it there for approximately 15-20 minutes three times per week. (Example 220-51 = 169)

**Example:**

- 1. Morning daily - yoga stretches and flexibility 20 minutes**
- 2. 3 times a week- walking fast or aerobics and strength training ( weights resistance) at the gym – 45 minutes to hour**
- 3. Hiking and rock climbing – once a week for fun! Or any fun activity- dancing, swimming, etc.**

- **Swimming.** You might call **swimming** the perfect workout.
- **Tai chi.** This Chinese martial art that combines movement and relaxation is good for both **body** and mind. ...

- **Walking.** **Walking** is simple, yet powerful. ...
- **Kegel exercises.**