Article published on November 29th 2011 | Fitness

Seventy percent of deaths (1.5 million) each year in the U.S. are from seven diseases: heart disease, cancer, stroke, hypertension, chronic obstructive pulmonary disease (COPD), diabetes and osteoporosis. A powerful medicine in its own right, exercise can prevent or treat each of these. In addition, exercise can prevent or significantly improve disabling conditions such as obesity, arthritis and depression.Baby Boomers, the biggest group within the U.S. population, are entering their retirement years and want to maintain a quality of life as they age. Advances in medicine continue to make it possible for people to live longer but how valuable will those extra years be if you are disabled by chronic illness? A simple, effective exercise program can enhance function up to 20% and reduce biological age by 10 to 20 years!The right exercise plan is essential to your health, well being and quality of life. I can help you find and maintain an exercise program that is individualized for you that is both effective and efficient. I can teach you how, in less than one hour a day five days a week, to balance aerobic conditioning, strength training and flexibility to give you the results you want and need.

American healthcare is in crisis. Nearly 90% of healthcare dollars are spent on managing chronic age related diseases which affect more than 125 million Americans.The tragedy is that the overwhelming majority of the degenerative diseases of aging can either be prevented or substantially slowed. They prematurely kill and disable millions of people needlessly.

* Heart disease, the number one cause of death in the US, kills more people that the next leading causes of death combined. Yet, 90% of first time heart attacks are preventable.

* The American Cancer Society estimates that 90% of cancers are the result of environment and lifestyle. More than 1/3 are believed to be related to nutrition alone.

* Type II diabetes is now an epidemic although 90% of cases are preventable.

Because of our lifestyle choices, many people are aging and functioning like someone who is 15-20 years older than they are. In a world oriented toward disease driven treatment, wellness medicine focuses on helping you to function like someone many years younger than they actually are.

It is time to forget the conventional medical paradigm of diagnose and treat. By the time most chronic diseases are diagnosed, they are quite advanced. The new and enlightened approach shifts the emphasis to a comprehensive, evidence based approach to managing the aging process.

As a result, you can look and feel more youthful and dramatically improve their

* Energy and physical performance

* Body composition and strength

* Sexual vitality

* Mental sharpness

* Improved mood

* Blood pressure and cardiovascular function

HOW DO YOU GET STARTED?

For many years, doctors have advised middle-aged and older people to get plenty of aerobic exerciseâ€”that is, exercise requiring rhythmic movement of their arms and legs like walking, jogging, swimming, bicycle riding and so on.

However, individuals as they age also need more strength training. Up to age 50, people lose about four percent of their strength and muscle mass per decade. After that, the loss increases to about 10 percent per decade. By age 60 the average man or woman will have lost about one third of his muscle massâ€”unless he makes an effort to reverse the process through weight training.

Aerobic exercise (which burns off body fat, improves endurance and boosts metabolism) and resistance training (which builds and strengthens muscles) clearly work hand-in-hand to create optimal health.

In addition to aerobic and resistance training, flexibility and balance are also essential to healthy aging.

With all the information we see and hear, itâ€™s best to start with a SIMPLE PLAN.

1. A HEALTHY ACTIVE LIFESTYLE

2. AEROBIC TRAINING

3. STRENGTH TRAINING

4. FLEXIBILITY AND BALANCE

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