

## EXERCISE

The heart beats stronger and more slowly when you are in good physical condition. If you will invest just 20 minutes a day walking, you will save yourself 2,800 heartbeats per day and 5,256,000 beats per year. You cannot afford NOT to get in shape. Inactivity IS detrimental to your health.

Before you can turn your life and health around, there are some critical steps you should follow:

1. Make a commitment to include some form of physical activity as a fundamental part of your daily routine
2. Plan to make your activity enjoyable. Ask a friend to join you. That way, you can have quality time together and there always someone around to help motivate you.
3. Start slowly and build up your routine gradually.
4. Schedule your daily activity with yourself. Research shows that the most exercisers are the in the morning before the day's events get in the way. However, if you're one of those people who can't stand the thought of exercising in the morning, then schedule your workout for a time that works best for you.

**Walking:** A regular schedule of walking boosts mental, emotional, spiritual and physical health. It can help lower high blood pressure, keep arteries healthy, relieve tension and anxiety and calm a troubled mind. Walking raises the heart rate, increases the use of oxygen and uses the large muscle groups of the body. If you enjoy hiking and are just starting, tackle small hills at first...until your muscles get acclimated. You can walk anytime, anywhere...and it's **FREE**.

**Aerobic Exercise:** Three times a week, aerobic exercise should be included in your workout routine. At least 20 minutes of aerobics (walking, biking, swimming, treadmill). For beginners, work up to that length of time gradually.

**Stretching:** A more supple body feels younger and more vital. Stretch and allow your body to remain flexible. This is extremely important for your muscles before and after exercise. Here are some specific stretches to do at least 5 days a week.

*Ankle Flexion:* Sit in a chair and cross your legs. Flex the ankle of the top leg so your toes bend back toward your knee. Hold for 5 seconds, release..and then point your toes for 5 seconds. Repeat 5 times with each leg.

*Heel Raises:* Hold onto something for balance. Keep knees straight, and rise onto the balls of your feet. Hold for a 2-count, and then come back down again. Do 5 times. Bend knees and repeat.

## RELAXATION

There are a good many relaxation techniques. A good one is to sit in a comfortable chair and concentrate exclusively on relaxing your body... part by part.

Start at the top of your head and consciously relax each area of your body. Move on when you feel that each location is as relaxed as possible, until the entire body is at ease.

## SKIN BRUSHING

The skin is the largest of the four major eliminative organs. It is often referred to as the "third kidney". For maximum health it is necessary that all eliminative channels are open and working. A healthy individual should eliminate about 1/3 the amount of waste matter through the skin as through the other eliminative systems each day.

Brushing the skin daily with a loofa sponge, NOT a nylon or synthetic fiber brush, aids the skin in this elimination. It also helps maintain the tone and suppleness of the skin, which helps prevent wrinkles and reduce the unsightly look of cellulite. It is highly beneficial and inexpensive. Some of the benefits you can be expected to see are:

1. It will remove the dead layers of skin and impurities and keep the pores open
2. It will stimulate and increase blood circulation
3. It will revitalize and increase eliminative capacity of your skin
4. It will stimulate the hormone-producing and oil-producing glands
5. It will stimulate nerve endings in the skin
6. It will help prevent colds by eliminating toxic buildup
7. It will contribute to a healthier muscle tone and a better distribution of fat deposits
8. It will give your skin a younger, healthier and more velvety appearance

## DRY BRUSH MASSAGE

This is a health and beauty secret which will only take 5-10 minutes a day of your time.

You must get a suitable brush. It should have a long handle so you can reach all parts of your body. It is best to get a natural-bristle brush about the size of your hand or larger.

Starting with the soles of your feet, brush vigorously with rotary motions, massaging every part of your body. Press the brush against the skin as much as you can comfortably stand. Brush first the feet and legs, then the hands and arms, back, abdomen, chest and neck areas.

The face, inner thighs, abdomen and chest are the most sensitive areas, and care should be taken so that you are not overly rough in those spots. Do not brush the skin if it is irritated in anyway. The scalp should be brushed gently also...to stimulate improved circulation to the hair follicles.

Brush until your skin becomes rosy, warm and glowing. 5-10 minutes. The best times are upon rising in the morning and then again before retiring for the night. Since the technique loosens up dead layers of skin, it is advisable to take a shower or rub-down with a sponge or wet towel after using the technique.

An alternating hot/cold shower followed by a brisk rub-down is also beneficial. A warm shower is also acceptable, but the hot/cold method has a stimulating effect on the skin.

Rub or massage your body with the following nourishing oil immediately after dry-brushing. Any cold-pressed vegetable oil obtained can be used.

The formula below can be made easily and efficiently. This formula is composed of the most beautifying oils known to man, and it will do wonders for your skin. It will help prevent wrinkles and premature aging of the skin.

1 T wheat germ oil	4 T avocado oil
2 T almond oil	5 T sesame oil
3 T olive oil	few drops of perfume

Pour the ingredients into a clean empty bottle and shake well. Store in the refrigerator. Do not use too much; a few drops will go a long way. Apply more on the face, neck, hands, and arms.

Be sure to keep your brush clean. Clean with soap and water about every two weeks and dry in the sun or a warm place.

**Warning:** Do not use nylon or synthetic fiber brushes, they are too sharp and may damage the skin. It is advisable to begin with a softer brush and use a gentle touch until our skin is seasoned and then graduate to a coarser natural bristle.