

# Exercise and Nutrition May Not Be Enough for Good Health

## **Study Shows Other Factors Equally Important**

Sporting a muscular “six-pack” on your stomach or wearing a size 4 doesn’t necessarily correlate to a healthy body. Most people believe that looking great, exercising and proper nutrition are the most important indicators and ingredients to achieving good health. Although quite important, they are only a piece of the puzzle.

According to the results of 18 months of research following the methodology of the Lifegevity Program, exercising and dieting alone are not the ultimate answer to improved health and vitality. Further analysis concludes that how fast people age is under their direct control – an individual can dramatically improve health and reverse the effects of aging by following his or her personal fitness formula. The results of the 250 individuals analyzed are consistent with the clinical findings of the Canadian Institute of Stress (CIS) in which the core methodology of this analysis is based.

Dr. Hans Selye, the father of stress management, and the CIS through their research, achieved an average improvement in body age of 11.4 years in just eight months. The aging process is not just something that happens to you. Selye proved that the internal biological clock does not tick at a predetermined rate. Instead, he said your body ages

***Dieting and over-exercising may create more harm than good. . . . Relaxation and stress management skills may be more important to maintaining good health.***



over time as certain systems lose efficiency in response to external factors such as injury, disease, lack of exercise and poor diet.

“It’s important for people to realize that dieting and over-exercising can create more harm than good,” said Bruce Stapleton, founder of the Lifegevity Program. “Individuals that over do it in certain areas may have a higher chance of cancer and heart disease because of the constant ‘wearing out of their bodies.’ Relaxation and stress management skills are sometimes even more important to maintaining good health.”

In the study, the standard fitness improvements, such as weight reduction and blood pressure reduction were seen, but the best news was that even individuals who considered themselves to be in good shape saw significant improvements in their Lifegevity scores and body age.

The research showed that for every day someone followed his or her Lifegevity Program, he/she reversed the effects of aging by an average of five

days. “You can’t get a 5 to 1 return on many things,” added Bruce.

The problem with other studies to date is their focus on one technique. Exercise can improve overall health if done correctly and in conjunction with other techniques. Relaxation, for example, was proven by the CIS to have more of an impact on health than exercise when each was done independently.

The Lifegevity Program discovered that the following interventions were considered critical to overall health improvement and life enjoyment: aerobic conditioning, flexibility, mind/body integration, strength/power and stress management interventions. For optimal effect, each area must be implemented. The closer each individual in the study stuck to his program, the faster his health and vitality improved.

Results of the study showed:

- Average systolic blood pressure at beginning of program = 131; at reassessment = 120
- Body age improvement of 8.1 years or 14 percent
- Lifegevity score improvement of 20.3 percent
- Weight and body fat reduction decreased by five percent
- V02max (the ability to utilize oxygen during exercise) increased by 18.5 percent
- Upper body strength increased by 26.6 percent and lower body strength by 36.6 percent.

The Lifegevity Program integrates and identifies these formulas for improving health and vitality for each participant. By following their programs, participants not only get the benefits you see in all of the health club testimonials such as lower weight, reduced body fat and stronger muscles, they also achieve health improvements that can be maintained throughout their lives.

***Relaxation has been proven to have more positive impact on health than exercise when done independently.***

Through understanding the right starting point and following a personal prescription, overall health can be improved with the ability to significantly reduce the chances of heart disease and cancer.

The Lifegevity Program is the silver bullet for reducing the effects of aging and maintaining a healthy and happy life. Instead of reaping a relatively small percentage of benefits from individual areas, why not have your “six-pack” and your health, too.

For more information on how to improve your health and life, go to : <http://www.lifegevity.com>

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*Anyone interested in becoming involved in increased physical activity or changes to their dietary habits should consult their physician prior to making any change*