

WHAT'S UP DOC PETE?

Doc Pete, what is your prescription for health?
(Continued)



Peter J. Muran, MD

Healthy Habit Three in our series of the **Seven Habits of Health** is our old standby, **exercise**.

Exercise makes everything better ... mood, body chemistry, and cardiac condition. Exercise creates youth by building a large oxygen transport system and a sound ratio of lean muscle to fat.

Every decade from age 40, the average person loses around five percent of their lean muscle mass. It may not show up on the scale because fat has replaced muscle. The average 25 year old woman has a 24% body fat and weighs 150 pounds. At age 60 she may weigh 160 pounds but her body fat is now 32%. In the long run, this percentage is more important to your health than the number of pounds.

Exercising 60 minutes per day at 65% of your target heart rate will keep you aerobically fit. To calculate this target heart rate zone: Subtract your age from 220 equaling your maximum heart rate. Multiply this number by .65 to discover your fat burning zone.

Weight train body parts twice a week to build and retain muscle tone as well as provide resistance to prevent osteoporosis. Don't forget stretching, too. Yoga, Pilates or stretch classes will keep your body balanced.

In addition, exercise stimulates the production of brain chemistry, called endorphins, that elevates your mood and simply feels good.

Another benefit of exercise is that it improves the function of our immune system and assists in detoxification through the lymphatic system. Muscle contraction is the only pump our lymphatic system has and makes this often ignored system work stimulating our immune function and moving waste out of our tissues.

Remember: "Use it or lose it" or "Use it or store it". We can retain 80% of our muscle mass into our eighties if we use it.



Peter J. Muran, MD
Board Certified in Holistic Medicine
1405 Garden Street
San Luis Obispo
805-548-0987

Email your question through
www.longevityhealthcare.com