

Magic Formula for a Longer Life

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What if there was a magic formula that you could take, ensuring you a longer and healthier life...reducing your likelihood for developing high blood pressure, diabetes, heart disease, cancer, osteoporosis, Parkinson's disease, stroke, Alzheimer's, depression, and most other serious health issues that we all fear? There is such a miracle formula...it's called daily exercise!

Many of the scariest diseases that we confront as we age are self-imposed. That's right. Cancer, heart disease, diabetes, etc. can all be prevented, in many cases, by healthy lifestyle habits! Study after study confirm that those who exercise regularly and are careful about their caloric and nutritional intake, live longer, healthier and more active lives than those who don't.

So why don't more seemingly intelligent people heed this overwhelming evidence and change their unhealthy behaviors? What prevents people from fitting 30 – 60 minutes of moderate exercise each day...as simple as just taking a walk early in the morning or at lunch time or after dinner?

The answer is both simple and complicated. Simple, because most adults recognize they should exercise regularly and they don't argue the benefits of exercise. Complicated, because these same people have accumulated so many logical reasons (excuses) that permit them to "put off until tomorrow what they know they should do today":

- I'm too busy at work.
- My family comes first when it comes to my spare time.
- My faith comes before me.
- I can't afford to add this to my budget.
- What difference does it make? We're all going to die eventually.
- Blah.Blah.Blah.

Here's some food for thought for all of you who continue to procrastinate:

1. You are likely to live beyond age 80 and may actually make it to 100 due to the incredible medical advances that have occurred during our lifetime. Unfortunately, you may find yourself spending "the best years of your life" in a nursing home or bedridden as your body gradually falters from years of unhealthy habits.
2. How much are you presently spending on medication, doctor visits, hospitalization, healthcare premiums, treatment for disease, etc. for conditions that could have been prevented? What if instead you spent a fraction of this amount on prevention (i.e. proper diet, a health club membership, personal training, etc.)
3. How much are you spending currently for your daily Starbucks coffee, alcohol, junk food, cigarettes, etc. that you could easily apply toward a health club membership or for a bike, pair of running shoes or other gear for your new exercise program?

4. How many hours each day are you unproductive because you just don't have the energy you used to have when you were younger and in better physical condition?

Do you get the picture? This whole "prevention" thing is not a gimmick. Daily exercise is the "magic formula" that will do more to improve your life than any other purchase you could make.

What's stopping you?