

Lifestyle Fitness Lifestyle Fitness



Online format: Written by Dr. Ray Pope and Presented by Action Potential Chiropractic Inc. PS

Watch children play. They do it with such enthusiasm. Every ounce of energy pores out; their whole body engages in motion as they race after one another, climb with abandon and jump as if their very life depended on it.

Play is natural. Somewhere along the way, you probably stopped playing with that unbridled enthusiasm. You stopped using your body, challenging it against gravity and the earth and trees. Most likely you grew too old or sophisticated for playmates and before long, even simple athletic endeavors became too much trouble or took too much time.



Growing up turns our attention away from the natural physical challenges of life.

School, family and work drain the energy out of us all day long. Our level of comfort becomes a priority. We get distracted away from physical activity and purposeful exercise during the day, and then relaxing in front of television in the evening, seems to be a well deserved rest from the accumulated stress of living a productive life.

Unfortunately, our lifestyle can become its own trap, robbing us of our health and the joy of wellbeing. Robert Hutchins quipped, “Whenever I feel like exercise, I lie down until the feeling passes.”

This trap is the inclination to put off play, athletic interests and exercise. Like Hutchins’ implies, the more we push activity out of our life, the less we desire it. Eventually, it becomes physically difficult and often dangerous to participate in the activities we once loved.

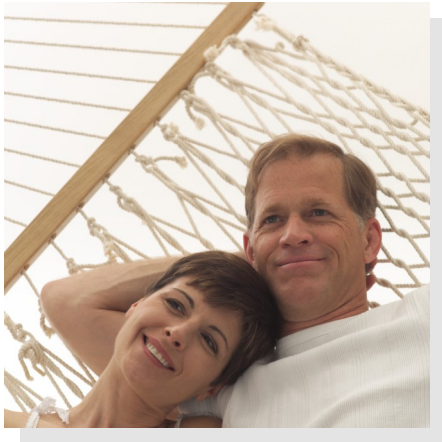
Disuse Syndrome

If you see this as a problem affecting your life experience, you are not alone. Dr. Walter Bortz describes a medical condition called *Disuse Syndrome*. He explains, “Our cultural sedentariness, recently acquired, lies at the base of much human ill-being. Physical inactivity predictably leads to deterioration of many body functions . . . The identifying characteristics of the syndrome are cardiovascular vulnerability, obesity, musculoskeletal fragility, depression and premature aging.”¹

The negative effects of aging can be reversed.

Action Potential Chiropractic is committed to detect, correct and prevent vertebral subluxations. Low levels of activity, poor posture, lack of strength and reduced flexibility all contribute to spinal dysfunction and the

subluxation complex. Therefore, we want you to be as fit as possible to prevent nerve interference from vertebral subluxations. Our programs are individually based on cutting edge scientific wellness principles.



Getting It Back!

The wealth of evidence led the Surgeon General of the United States to note: "Many Americans may be surprised at the extent and strength of the evidence linking physical activity to numerous health improvements. Most significantly, regular physical activity greatly reduces the risk of dying of coronary heart disease, the leading cause of death in the United States. Physical activity also reduces the risk of developing diabetes, hypertension, and colon cancer; enhances feelings of general wellbeing; is important for healthy bones and joints; and helps maintain function and preserves independence in older adults." 2

Recent studies show that fitness related activities also decrease falls, increases immune system function, improves mental and emotional health and benefits overall quality of life. Our goal is to help you take control of your health and your future through chiropractic wellness care and consistent purposeful exercise.

We Can Help You

Our wish for you is that you will gain a desire to achieve a higher level of health and wellness than you have ever experienced. We know that age is a tempting excuse for gaining weight, becoming inactive and slowing down, but it is just that — an excuse. There are countless examples of healthy and fit individuals who are into their nineties. They are not super human

anomalies, but regular people who keep fit, pay attention to wellness principles and enjoy extraordinary health.

It's Your Life Experience.

A careful assessment of what your goals are, combined with practical steps, will propel you to new heights of personal fitness. Deciding to take steps now is vital for your future health. It is the way to be fit and enjoy an active future.

Steps taken today are the only way to ward off the diseases and early death associated with dysfunctional aging. Some people want to be able to lift, carry and play with their grandchildren, while others simply wish to walk fully into their senior years and enjoy the seasons along the way. The best part of working toward future success is that improved fitness delivers immediate benefits.

Where to Start?

Concentrate on what's really important. Our first goal is to encourage our patients to change their mind about healthcare. When they accept that disease and illness are not found in a body that is expressing total health and wellness, all kinds of wonderful things happen. Above all, they realize that our society's obsession with disease and sickness needs to be replaced with a focus on seeking health and wellness.

Improved physical fitness is not the only aspect to improving your health or enhancing your life experience; however, it is the focus of this booklet, so let's go a little deeper and look at the science behind our techniques and goals at Action Potential Chiropractic. It might seem complicated at first, but you will appreciate why our programs can help anybody at any age or physical ability.

Your first thoughts might be: "Do I have to go on a diet, find a gym and lift weights?" Unfortunately, our media saturated society has once again messed with our minds. Forget what you see on TV.

Vitality and well-being have nothing to do with muscle bound guys and bikini clad girls with good tans.

For a minute, think about the people in your life who are fit. Whether on the playground, the sports field or at the family picnic, the best natural athletes and the most active individuals are not the ones with the largest muscles. The best athletes recognize strength is important, but it is their agility, balance, form and speed that allow them to perform their desired activities so well.

Your fitness begins with your body's ability to communicate.

Brain-Body Connection: In order to improve your level of brain-body control we create dynamic exercises specific to your needs. Most people have acquired disturbed neuromuscular control. We evaluate any weaknesses and develop a program to help put you back in control, utilizing advance chiropractic techniques to compliment and accelerate your progress. 3

Body-Brain Connection: There is a natural movement and postural response to all physical activities in a changing environment. You must gain important feedback through vision, balance and other sensory inputs. Enhancing your internal and external awareness helps improve reaction time, joint stability and promotes good posture while you move with confidence. 4

Two Types of Human Potatoes

Most of us are familiar with the Couch Potato, and we all agree it's a bad thing to be inactive. Inactivity quickly causes a person's body to atrophy. There is a second human potato that also sits too much. The Gym Potato is the person who sits while building isolated muscle mass. It is beyond the scope of this booklet to detail the Gym Potato, but you will understand more fully as we explain why our fitness programs focus on what we call the *Fit-Six*. For now, it should suffice that science and experience tells us that weight machines cheat the body.

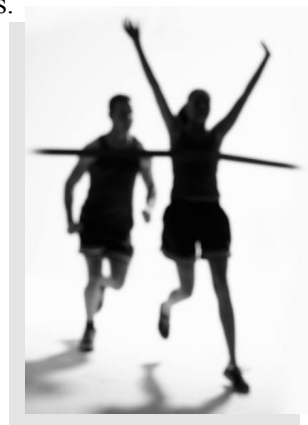
Total Body: Co-Activation and Recruitment. Our programs seek to achieve a rich environment in which to gain sensory input, develop functional movements, and recruit a wide assortment of stabilizing muscles around the joints of the body. We excel in getting human potatoes off their bottoms and into a safe, effective whole body workout. 5



Death to Gimmicks

Everyone wants an easy way to get and stay fit. Hundreds of gimmicks appear on TV each year. Every supplement, scheme or device promises to make you look and feel better. One of the problems with fitness gimmicks is they make it look easy. Building and maintaining health and wellness is not easy. It can be fun, it can be enjoyable, it can be successful and it is certainly rewarding, but it's seldom easy.

At Action Potential Chiropractic, we know how the body works and we understand how the mind processes. There are no shortcuts to improved performance and there is no fast track to fitness; however, there are techniques and tools that can accelerate the process considerably. This is important, because when progress is steady, the reward is obvious. Soon the benefits of a healthy body becomes a natural encouragement to continue the success.



Success with the Fit-Six

All of our personalized fitness programs are multidimensional and take into consideration the importance of all six essential components of fitness. Whether you are a world class athlete, or simply wish to prepare for living a full life, the following are foundational for optimal function: **Endurance, Strength, Balance, Cardiovascular Fitness, Flexibility, and Agility.**



Action Potential Chiropractic understands how to lead our patients and clients on the road to enhanced performance. While not everybody is training to become an incredible athlete, we feel every person should be fit enough to enjoy an incredible life.

Improving your health is really quite simple (not easy). You must base each step on wellness principles. Make sure your nerve system is not under stress from subluxations. Optimal nerve function is essential to health. Make whole foods and great nutrition a cornerstone of your daily health regime. Get frequent and vigorous exercise, a lot of fresh air and keep challenging your body.

Remember, if you don't use it you'll lose it. Reduce stress when it interferes with your ability to rest sufficiently. And strive to maintain a positive mental and spiritual attitude. You'll always live with yourself, so you may as well enjoy the company along the way.

Dr. Ray Pope has been in chiropractic practice since 1986 and has enjoyed his Camano Island lifestyle of seeing to the spinal health of his patients, raising his three children, participating in numerous athletic endeavors, and being part of the Camano Chapel family since 1991.

Dr. Pope's wife of twenty-five years, Carol, is active in the family business at Action Potential Chiropractic and is also an avid fan of fitness. She is a certified group fitness instructor and personal trainer at Port Susan Athletic Club in Stanwood, Washington.

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