



*Take Control Of Your Life with Hypnosis:  
Eliminate negative habits, Create healthy changes, Achieve optimal well-being.*

March 2011

### **SPRING AHEAD**

The sun is higher in the sky, temperatures are moderating and daylight is increasing incrementally. Our spirits are rising as we shake off the residue of an old-fashioned winter! As we head into spring and imagine new beginnings and growth, we can also focus on re-creating and rejuvenating ourselves. Think about how our physically active lifestyles of the past have been replaced by technological advances that encourage - even demand - that we become more sedentary, which is detrimental to our health and well-being. It's time to "spring ahead" and trade a traditional desk for one that allows you to stand up or, perhaps, walk slowly on a treadmill while you do your work. Move away from sitting and get moving!

Whether you are a seasoned mover, an inexperienced exerciser, or somewhere in between, you can begin or fine-tune a fitness program that tones your muscles, increases your stamina, sharpens your mental outlook and brightens your life. The adage "use it or lose it" is a reminder of how critical it is to exercise regularly. If you are an irregular exerciser, you may not be able to imagine what it's like to enjoy the long term health benefits of regular work-outs. But there is overwhelming evidence for why you should start moving in that direction (see Dr. Christiane Northrup's detailed reference under HEALTH TIPS, below). Get a medical check-up before starting an exercise program, especially if you have physical ailments or chronic conditions, are overweight, or have never exercised regularly. Start slowly and proceed gradually and comfortably.

Stretching is a vital part of any exercise program. It increases flexibility, improves joint range of motion, stimulates circulation and relaxes tense muscles. Current thinking runs counter to the long-held belief that stretching before workouts is necessary.<sup>[1]</sup> Exercise physiologists recommend starting your exercise activity at a reduced pace, giving the muscles that will be used the opportunity to warm up easily. After exercising is definitely the time to stretch. While muscles are warm, stretching will help them relax and recover.

It's crucial that you pick an exercise activity that you like; the more enjoyable it is for you, the longer you'll stick with it. The longer you stick with it, the more it will develop into a habit and a positive addiction! Whether you choose walking, running, hiking, biking, aerobics, using an elliptical trainer, swimming, tennis, racquetball, working out in a gym or any other activity that appeals to you (you can also mix and match activities), remember that hypnosis can maximize the outcomes of your exercise program. You can tap into the power of your subconscious mind to release obstacles to a successful exercise program, reinforce motivation, establish a positive

attitude and achieve your desired results. You can also use a variety of conscious techniques to help insure your success, such as: seeking advice from people experienced in your activity, setting appropriate goals, exercising with a friend, charting your daily accomplishments, varying your activities or the components of your primary activity, and selecting an appropriate location.

Further enhance the benefits of working out, when you're feeling strong, by increasing your pace (regular one day and faster the next) or adding faster bursts to your regular pace (called interval training). Research shows that adding intervals to regular aerobic activity can improve cardiovascular fitness in less time by using up the glycogen in muscles and burning fat afterwards. "The more intense the interval bursts, the more improvement you see and the more calories you'll burn - and continue to burn - for up to 24 hours, says William T. Kraemer, a professor in the kinesiology department at the University of Connecticut's Human Performance Laboratory."[\[2\]](#)

Experiment with your program to find the best fit for you. I started running right after graduating from college, while recovering from knee surgery. I laced up my Puma running shoes (Puma and Adidas were the only brands available then) and ran from one telephone pole to the third one in line - and was out of breath. I gradually got stronger and over the years experimented with various distances, from 2 miles to 6, with a 13-mile-one-time-run to "see what it was like." Four miles per day has consistently been the most comfortable distance for me.

While exercise can improve the health of all age groups, many research studies confirm that aging adults can make healthy changes through vigorous exercise. Scientific researchers in California tracked runners and non-runners for 21 years and found that middle-aged people who ran for 5 hours per week - lived longer and functioned better physically and cognitively as they got older. The runners not only enjoyed less heart disease, they also developed fewer cases of cancer, neurologic diseases and infections. According to the study, aerobic exercise keeps the immune system young. Study author Eliza Chakravarty, MD and assistant professor of medicine at the Stanford University School of Medicine, states, "Twenty minutes a day of any activity that leaves you breathless can boost your health."[\[3\]](#)

Any time of day that works for you is a good time to work out. But if one goal of your exercise program is to achieve your optimum weight, working out earlier in the day may offer added benefits. A Belgium study[\[4\]](#) published in *The Journal of Physiology*, suggests that exercising before breakfast (when the body is in a fasting state), coaxes the body to burn a greater percentage of fat for fuel during vigorous *exercise*, rather than storing it in the muscles.

A 2011 study published in *The Proceedings of the National Academy of Sciences* reported that people who walked around a track for 40 minutes a day, 3 times per week, improved their memories more significantly than the group that did less aerobic exercise such as yoga and resistance band training.[\[5\]](#) By the end of the study, the walkers had increased their hippocampus (the memory function part of the brain, which begins to atrophy around 55 or 60) volume by 2%; it declined by 1.4% in the less aerobic group.[\[6\]](#)

Increasingly, research studies are revealing the cognitive benefits of exercise. Researchers recently announced that subjects put on a three-month aerobic workout program grew new brain nerve cells. Other scientists discovered that rigorous exercise can cause older nerve cells to form dense, interconnected webs that make the brain work faster and more efficiently. As these studies emphasize, aerobic exercise helps the heart pump more blood to the brain, as well as the rest of the body, which means more oxygen and better-nourished brain cells.[7]

The health benefits of regular exercise are indisputable. The hypnosis connection can help you start, maintain, and reap robust rewards from your efforts. It can remove the obstacles that have kept you on the sidelines and maximize your results.

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[1] [www.usatoday.com/news/health/2010-04-15-stretching-muscles\\_N.htm](http://www.usatoday.com/news/health/2010-04-15-stretching-muscles_N.htm)

[2] [www.parade.com/health/2009/06/burn-fat-faster.html](http://www.parade.com/health/2009/06/burn-fat-faster.html) - Cached

[3] <http://www.msnbc.msn.com/id/32272813/ns/health-aging/?ns=health-aging>

[4] <http://well.blogs.nytimes.com/2010/12/15/phys-ed-the-benefits-of-exercising-before-breakfast/>

[5] <http://well.blogs.nytimes.com/2011/02/07/taking-your-brain-for-a-walk/?smid=tw-nytimeswell...>

[6] <http://well.blogs.nytimes.com/2011/02/07/taking-your-brain-for-a-walk/?smid=tw-nytimeswell>

[7] <http://www.msnbc.msn.com/id/17662246/site/newsweek/>

## HEALTH TIPS

You can find helpful suggestions from Dr. Christiane Northrup about the benefits of regular exercise and starting an exercise program at:

[http://www.drnorthrup.com/womenshealth/healthcenter/topic\\_details.php?topic\\_id=87](http://www.drnorthrup.com/womenshealth/healthcenter/topic_details.php?topic_id=87)

[http://www.drnorthrup.com/womenshealth/healthcenter/topic\\_details.php?topic\\_id=86](http://www.drnorthrup.com/womenshealth/healthcenter/topic_details.php?topic_id=86)

Much more information about stretching can be found by doing a search for **stretching exercises**. Look especially for what kinds of stretches are best for your activity.



Happy Health!

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**Remember:** *Hypnosis can be done in the office, by phone, and via Skype.*