



EXERCISE & WELLNESS

Norse Foundation

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EXERCISE

Basically, it's all about modifying your behaviour.

Lifestyle choices could add on average 12 years to your life.

Regular moderate exercise can half your chances of dying from heart disease.

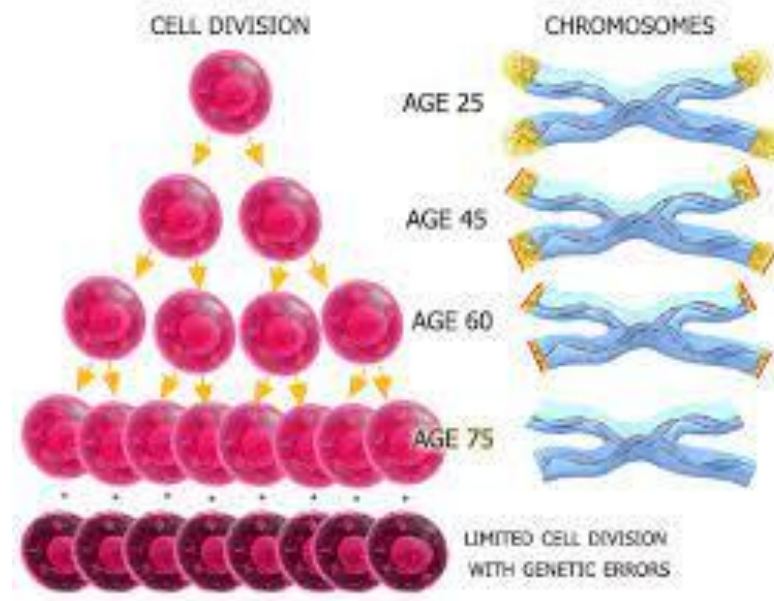
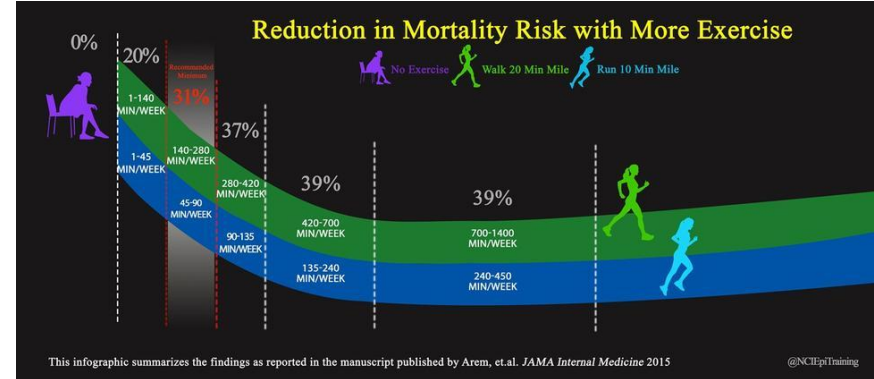
People who play tennis live the longest when compared to other sporting activities.





EXERCISE

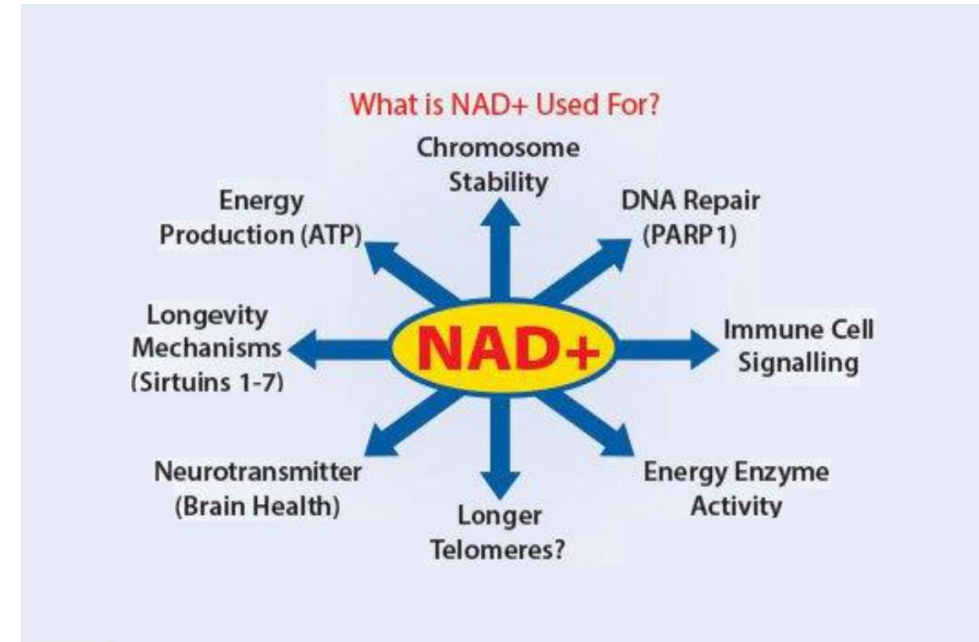
- Exercise is a key for longevity - But it is not because exercise causes increased blood flow and supposedly cleans out our vein's arteries and capillaries.
- It is because of its effect on the body at a cellular level.
 - Telomeres – those who exercise more have longer telomeres.
 - People who exercise for 30 mins, 5 times a week, have telomeres equivalent to people a decade younger.
- Thus, exercise stops you from aging at a cellular level.





EXERCISE

- Exercise activates your survival circuits;
 - It raises NAD+ levels
 - Turns up energy production
 - Causes more capillaries to be grown.
 - All the right chemicals are produced during exercise improving heart and lung health.
- There is no way around this, we all need to push ourselves to get healthier, especially as we get older, but less than 10% of people do.
- How many of us have retired parents who want to sit back and have a sleep in the afternoon????





EXERCISE

One recent study showed that people who ran 4 to 5 miles a week reduces their chances of death by a heart attack by 40% and all causes of early mortality by 45%.

Research shows that runners in particular have less chance of premature death regards of how far they run.

Even 10 mins of moderate exercise a day can increase your longevity by years.

The myoclinic researcher have shown that the type of exercise does matter - more specifically intensity matters.

No doubt about it HIIT type training which increase heart and respiratory rate dramatically is the best.

Breathing should be deep and rapid - HR needs to get to 75 to 80% of maximum. You should be sweating.

This is called the hypoxic affect, and it induces enough stress to engage your longevity genes.

This all affects telomeres length, new micro blood vessel production and mitochondrial function improvements.

These things normally get worse with age, but exercise can bring them back to youthful levels.