



# Move to **live**

By *Jeremy Albelda*

With the ever-present research on the importance of physical activity, how can we not get moving? The hardest part of starting any workout regiment is always, you guessed it, getting started! Don't let the notion of sweat and pounding music at your local gym get your blood pressure up before even touching a weight. Getting fit doesn't necessitate a gym membership to an exclusive fitness center. You can get into great shape in your own home and in the beautiful backdrop of our backyard. All it takes is a little dedication, positive outlook, and of course maybe just a couple beads upon the forehead.

If you're a complete beginner to the world of physical activity, then take it slowly. The power of walking is under praised. You actually burn around the same amount of calories in traveling from point A to point B, regardless if you walked, jogged, or sprinted. The only difference is when moving faster you will be positively stressing your cardiovascular system more (a good thing), and of course getting to where you're going faster. This all might be hard to believe, but remember back to your high school physics days when you learned all the equations that somehow govern our universe:  $W(\text{work})= F (\text{force}) \times D(\text{distance})$ . This formula signifies that it takes the same amount of energy to move a certain weight a particular distance, regardless of how fast you're going or how hard you're huffing and puffing. The faster the better because you will end up burning more calories after the exercise bout in bringing your metabolic state back to a baseline level, as well as strengthening your heart and slew of other physiological advantages. This should be good news for those of you with bad knees or who are just getting started with your new workout protocols and thought the only way to get fit was through intense exercise. It is possible to get just as lean by walking, it will just take longer.

Our friend Isaac Newton gave us the gift of gravity, and in addition with the weight of our own bodies, almost every muscle can

be worked. Pushups, crunches, sitting in a chair and standing up, and walking the stairs, are all great power building exercises that will prepare your body for more strenuous exercises. You can buy a couple gallon water jugs with handles and use them as a source of resistance. With these two practically costless items you can perform an infinite amount of exercises from bicep curls, to bent over rows, to lunges. Be creative and think of your body anatomically. When is it normal to upwardly pull a heavy weight with your arms completely behind your back? Never! Functionality is the key to building practical power that you can use in everyday activities as well as extend your longevity. Get creative and think about every exercise you perform and whether it makes sense in your daily life. The human body was designed to work as a unit, meaning multi muscle movements are the most ideal in improving lean tissue ratio to fat, coordination, and overall strength. Bodybuilding is for body builders so don't get caught up in the idea that this is the only way to resistance train. Train to live!



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