

## Healthy Living in a Hectic World

### Self-Care Strategies to Fit Your Busy Lifestyle

By Dr. Jeffrey Tucker

If you're looking to get motivated to stay in shape for a lifetime, but are struggling to find the time or energy, look no further than Jack LaLanne for inspiration. Last summer, I had the pleasure of meeting Jack - I was teaching a class at the same seminar he was giving a talk at. Prior to hearing him speak, I had no idea of all his incredible accomplishments. For example, he swam from Alcatraz Island to Sausalito (approximately five miles) - handcuffed! He performed push-ups for 1 1/2 hours continuously. He swam an incredible distance (not five miles, mind you) *while towing 70 boats with a person in each boat!* When I met him, he was 93, clear-headed, articulate, had good posture and looked fit.

Jack's daily morning routine still includes two hours of exercise: He lifts weights for an hour and then goes in the pool for an hour. He also takes lots and lots of vitamins and minerals. Jack begins each and every day with 50 grams of soy protein. He is not completely vegetarian, but he doesn't eat chicken, red meat or white sugar. He gets most of his protein from egg whites, soy protein and occasionally fish. Jack's diet is not a low-carb diet, but he does stick strictly to natural grains such as brown rice and whole wheat. He also eats at least 10 fresh, raw vegetables a day. He hasn't had dessert since 1929 and never eats between meals or after 9 p.m.



At the class he was teaching, Jack said something I thought was very powerful, yet so simple: "Exercise is king, nutrition is queen, and if you put them together you build a kingdom!" Let's talk about how you can build your own "kingdom" even in the midst of your hectic, stressful life. Like Jack, I believe anyone can improve their physical condition if they really want to and are willing to do something about it.

### **CHALLENGE Your Body**

*Do some form of intense exercise every day:* Exercise intensity is more important than exercise duration. Higher levels of physical fitness reduce the risk of heart disease and early death. Try to achieve a burn rate of greater than 10 calories per minute. If you go to the gym two to three times a week and spend 30-60 minutes per session, you can focus on 10-minute high-intensity sessions on your off days (see routines below). Our bodies are designed to move in different ranges and multiple planes of motion on a regular basis. Today, because of computers and prolonged sitting, we don't get a variety of movements like our ancestors once did.

Tip: If you take 20-30 minute walks for your exercise, be intense about it - walk faster than you're used to. Raise the cardiovascular value of walking by lifting and pumping your arms up overhead and back down to shoulder height. Carry a 1-, 2- or 3-pound free weight or kettlebell in your hands while walking. Be sure to raise the hands fully overhead. Use the interval training concepts while doing this exercise: pump the arms overhead for a minute, then keep them at your sides for a minute, then repeat. Keep alternating between the two maneuvers as you continue walking.

*The 10-minute total-body workout:* This entire workout will take you about 10 minutes. Do each exercise for 20-30 seconds, rest for 20 seconds, and then start the next exercise. Continue the circuit of 20-30 seconds of exercise, followed by 20 seconds of rest, until you've done all eight exercises. This is one

"circuit." After you complete the circuit, rest 90 seconds (longer if you feel you need it). Then do a second round.

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