

Life Extension and Mobility Training

As a Mobility Specialist I have always looked at prescribed flexibility training as a form of regenerative healing to the mind and body. This, in much the same way as primary healthcare has prescribed medicine to heal their patients.

In China during the 2nd Century, BC, Prince Huai Nan wrote a philosophical commentary on the importance of stretching and mobility training for the body's joints. He said: "A pure spirit, emotions in equilibrium, and relaxation of all the joints are basic for the sustenance of one's essential nature. Although the joints are places where the qi and blood should flow most freely, in fact, they are places where the qi and blood can become easily stuck or stagnant. Stretching should be done on a daily basis in order to keep the body supple, the qi and blood flowing freely, and the mind relaxed."



Physically and physiologically, mobility movement through the full athletic range-of-motion has always made sense to secondary healthcare specialists.

At Motion Dynamics, we guide and assist clients to ease the way they move and use their body in order to optimize performance. We re-balance the loads on their joints and soft tissue to avoid unnecessary injuries. Not only does this improve overall well-being, it increases personal self-confidence.

In recent years doctors and scientists are taking aerobic, resistance and flexibility training much more seriously. They are applying hard science and research to fitness and backing up what we have known for years: fitness and especially mobility training is the new medicine.

University of Ontario genetic metabolic neurologist Dr. Mark Tarnopolsky has pioneered research on fitness as Medicine. He himself is an exercise nerd and has set about to prove to the science skeptics and his doctor buddies that exercise is the panacea for chronic diseases and mobility training is the key to functional living well into your senior years.

After numerous tests on mice with tumors and other serious illnesses, he has scientifically demonstrated that disease can be healed and, biologically speaking, age can be reversed.

Tarnopolsky observed that a sedentary lifestyle in mice saw rapid muscle atrophy, hair and hearing loss, significant and rapid aging of the metabolic system, thinned skin and more. The active mice were put on treadmills 3 times a week for an hour at a time had the skin, hearts, lungs and hair of virile young mice. The cellular regeneration process was revved up.

Doctors are beginning to acknowledge that exercise is the most potent and effective form of decreasing degenerative disease and prolonging life.

In the ancient Chinese medical text of Nan Jing the philosophers and doctors were already noting that lack of exercise leads to disease, sapping the body's resistance and that prolonged sitting damages the flesh whilst prolonged lying damages the Qi.

Lu Jiu-zhi, of the Qing dynasty, wrote in Yi Bing Lun (Treatise on Leisure Diseases): "If ordinary people remain idle and unoccupied, this leads to disease. If minor labor returns one's strength, if their disease improves when occupied by affairs and when busy they can forget their disease, if they feel fatigued after meals or fatigued after sleep, this is leisure disease."

Genetic therapy from stem cell treatment to blood plasma infusions and hormonal replacement therapies used to reverse the aging process do not, according to Dr, Tarnopolsky, work as well as prescribed exercises for flexibility strength and endurance.

He noted that after a run, your eyes are sharper; skin is a brighter, hormone output more responsive. Much better than any drug that doctors could prescribe. After mobility training endorphins are released, movement is eased and energy is increased.

The shocking fact that with all the information out there about the benefits of movement and exercise that only 20% of Americans over the age of 6 are doing the National Institute of Health recommended 150 minutes of movement a week.

It is said that lack of exercise is the single biggest cause of death and also the early onset of arthritis increased back pain, poor libido, depression and anxiety that sets off a chain reaction or a downward spiral in long term health and well-being.

So why, with all these gyms and boutique fitness centers opening everywhere, are there not more people working out?

Inactivity physiologists; a new breed of researchers on people who don't move, have coined a new word for lack of exercise; "Exercise deficit disorder." It begins with the schools not prioritizing gym and team sports. The trend in high schools is towards more academics and more pressure to do well in tests. Fitness is being pushed aside and seems to be more out of reach to our youngsters.

Kids are always told that exercise is good for you and great for the heart and brain but they need to know it is essential for learning and retaining information as well as boosting energy. Fitness is not about the Olympics and elite sports, which tends to put them off. It is also not about pushing heavy weights either. Anything you do that you like to do outdoors is potentially a great exercise, whether it is skate boarding, throwing a ball, hitting a shuttlecock or going scuba diving. All movement is exercise as long as you do it with balance and fluidity.

Hippocrates in the year 400AD talked about food and exercise as the key to good health. As was the case in China, doctors then were the PE teachers of their time.

In 2017, Washington DC's National Institute of Health will undertake a 170 million dollar research program to examine the effects of exercise on all the body systems. Every aspect of exercise will be tested and evaluated from hormones, enzyme activity to brain and lung tissue research. Hopefully this detailed research will lead primary healthcare practitioners will revert back to being our Physical Education and Physical Training providers.

As we move into the New Year, this is surely a good time to improve mobility, boost energy levels and feel the best you have ever felt. Great health is Physical Intelligence.

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Excerpts of this article were taken from a book by Bob Flaws called "Imperial Secrets of Health and Longevity", by Blue Poppy Press