



Isanti

Physical Therapy

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You GET to Choose: Growth or Decay

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I recently read *Younger Next Year*, a book recommended by a patient, which has significantly changed my daily lifestyle. The book is written by New York Times Bestselling authors Chris Crowley and gerontologist Henry Lodge M.D. A simple phrase that stands out in the book is, "Decay is optional." In other words, each day you have the opportunity to be physically active, nourish your body properly, and stimulate your senses by mentally and emotionally connecting with others, to create growth.

We live in society that is overwhelmed with food and consumer marketing ploys; it is time to take charge of our own health. Dr. Lodge writes, "We are plagued by soaring medical costs, obesity, heart disease, osteoporosis and cancer; 70% of premature death and aging is lifestyle related. Ailments and deterioration are not a normal part of growing old. It's an outrage that we have simply gotten use to because we set the bar so shamefully low."

The authors also describe how our bodies internally sense everything we do. Cells are constantly communicating, analyzing and reacting to how you treat your body. When we challenge our body physically, cells, tissue and muscle are stimulated to increase production and continue to grow. On the other hand, once we stop or decrease that stimulation, we begin to decay. Dr. Lodge recommends getting 30 - 45 minutes of exercise 6 days a week for the rest of your life. Four of those days should include aerobic exercise and 2 of those should include weight training. As with any new workout regime, it is important to consult your physician prior to beginning a program.

Lastly, Dr. Lodge points out the importance of a well-balanced lifestyle which includes: spending less than you make, quit eating crap, caring about others, and connecting socially with those around you. He puts into perspective how important each day is; we can only live one day at a time, so make every day count. If you are interested in learning more ways you can prevent decay, I highly recommend *Younger Next Year*. More importantly, if you are ready to jump start your life, contact Physical Therapy Consultants (763 -753 -8804) to get a Fitness Physical. With fitness assessment software, we are able to provide clients with a detailed, accurate assessment of your fitness level and risk for future disease, as well as an individualized, precise exercise prescription to reduce risk and improve health.