

Living Longer, Better and Stronger!



A DocOnCall E-Book Publication

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Who doesn't want to live longer, enjoy a greater quality of life, and have a sound and resilient body? There are certain, positive actions and easy lifestyle adjustments that we can make to help improve our chances of living long and living well. We must start by avoiding certain bad behaviors like smoking, heavy drinking, making poor food choices, and embracing a wholly sedentary lifestyle.

The negative health aspects of smoking and excessive drinking speak for themselves. They not only ramp up the risk of cancer and early death but they also accelerate the aging process. Alcohol impacts skin elasticity and hydration while smoking causes premature wrinkling, mouth lines, and fairly significant changes in skin tone.

Eating a balanced diet helps your body thrive as the proper combination of nutrients are essential to help it function more efficiently and at a higher level.

Consuming lean proteins, ample portions of fruit, healthy fats, fresh vegetables, fiber and water help the body grow, perform, repair itself, and maintain critical energy to ward off illness and disease while making it easier to maintain a healthy weight.

Carrying excess weight puts us at risk for various ailments, sicknesses, and chronic diseases like heart disease, cancer, and diabetes that can not only take years off of our life, but limit the overall quality, enjoyment, and pleasure of living.

Exercise not only helps keep off excess weight but also helps defend against disease, improve heart and lung function, reduce stroke risk, control blood sugar, prevent bone loss, improve sleep patterns, boost mental acuity, and improve your chances of living a long, healthier and more gratifying life.

Nutritional Secrets for a Longer Life

We are what we eat and whether we consume fresh, raw vegetables or deep fried snacks, sugary soft drinks or pure water, lean protein or processed red meat ... it very much determines the type of body we will have and the level at which it will function.

The benefits of good nutrition are staggering. Food is our body's fuel and like all fuels there are varying levels of quality, purity, grades and combustion rates. Our physical, mental and metabolic performance very much depends upon the value of our nutritional intake. It also dictates how long the engines that power our body will run.

So, if such a thing as a long life diet existed, what would it consist of? When we comb through the "longevity diets" of several nutrition experts, several foods come up over and over again:

Tomatoes – Tomatoes contain lycopene which is a powerful antioxidant with cardiovascular, bone, and anti-aging benefits. Tomatoes are also packed with vitamins A and C which help boost the immune system and stimulate cell growth.

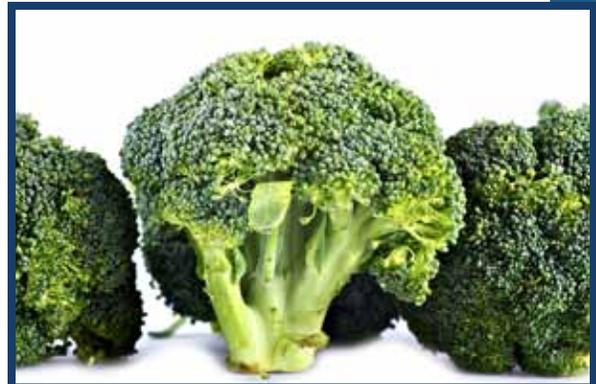


Walnuts – Walnuts are antioxidant-rich and contain high concentrations of omega-3 fatty acids, iron and B vitamins for heart-health, stress reduction, cognitive function. With a rich concentration of fiber, walnuts also have distinct digestive benefits.

Salmon – Salmon is rich in protein for muscle building and contains very high concentrations of omega-3 fatty acids. Add vitamins A, B, D, calcium, iron, phosphorus and selenium and

salmon boosts heart health, encourages lean muscle and has a positive impact on brain health and memory function.

Broccoli – Broccoli contains ample amounts of vitamin C, vitamin A, calcium and fiber. It is a natural detoxifier and has a positive impact on inflammation, skin health, and eye health. With naturally high levels of calcium and vitamin K, broccoli helps improve joint health and acts to ward off osteoarthritis.



Berries – Blueberries, strawberries, raspberries, blackberries are high in anti-oxidants. Berries are also beneficial to your skin, hair, heart and head. They help boost both brain and cognitive function.

Kale – Kale is a rich combination of antioxidants and fiber. It helps fight certain cancers, lower cholesterol, and boost immune health. It contains high levels of calcium, vitamin c and alpha-linolenic acid which studies have shown all have a positive impact on both brain and heart health.



Olive Oil – A classic component of the Mediterranean Diet, olive oil is rich in monounsaturated fatty acid which is healthy dietary fat. It helps fight heart disease, reduce the risk of stroke, improve cholesterol levels, protect the liver, keep inflammation in check, and promote healthy aging.

Tofu – Tofu is a meat substitute made from bean curd. It is very high in protein and calcium, and low in saturated fat. It is a rich source of amino acids, iron and a host of micro-nutrients. Tofu has both cancer prevention and heart health benefits. It also helps lower cholesterol and improve bone density.

Garlic – Garlic is both a food and a medicinal herb. It has distinct healing properties and functions and as an antibacterial and an anti-viral. Garlic helps protect the heart, improve blood pressure, improve cholesterol levels, and act as a natural antibiotic. It has detoxifying and anti-inflammatory qualities and, it has been effective in protecting against various types of cancer.



Coffee – Coffee has a surprising array of health benefits and its caffeine content may protect the brain from being ravaged by diseases like Parkinson's, Alzheimer's and dementia. Coffee is also pivotal in the quest to lose weight while helping to reduce the risk of diabetes, liver disease, and even depression.

Why Attitude Really is Everything!

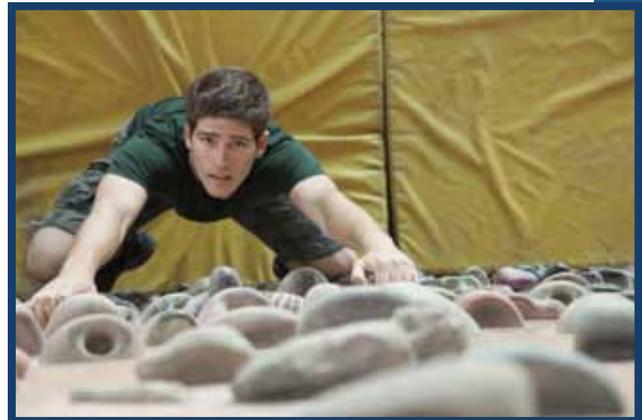


So you want to get healthy, lose weight, have a better body, and live forever? If you believe it's possible, it just may happen.

Recent studies demonstrate that individuals with a positive attitude tend to enjoy greater overall fitness, better health, and a longer life. So how can optimism be so influential? It's quite simple, really. People that are optimistic truly believe that they can lose weight or run a marathon or transform their body ... so they are committed to doing the work to getting there.

Ten Ways to Accentuate the Positive!

- 1) Surround yourself with positive people. Stay away from the naysayers!
- 2) Stay focused on success planning. Don't think IF I get there, think WHEN.
- 3) Look on the bright side. Things could absolutely always be worse.
- 4) Stop looking inward and look outward. Who needs your help?
- 5) Be realistic about things. There will always be setbacks. Step past them.
- 6) Positive self-talk is a good thing. Feed yourself positive affirmations every day.
- 7) Don't engage in paranoia. Everyone is NOT out to get you.
- 8) View life as a continuous learning experience. If you fail, learn from it, and go forth stronger.
- 9) This too will pass. Remember that nothing lasts forever and everything changes.
- 10) Embrace your power. You are in complete control of your life. Create something amazing.



Optimists really are romantics at heart. They tend to envision themselves living their goal or their dream and that vision is very powerful.

“Can do” people possess a prevailing sense of “can do” confidence and follow-through so they are more likely to convince themselves that they can do absolutely anything. As a result, they are better equipped for challenge and possess the innate tools for overcoming obstacles. People with a positive attitude are more likely to eat right, exercise every day, train hard, stay focused ... and ultimately live longer.



Compare this to defeatists or those that accept failure without struggle, loss without challenge, or defeat without making the effort to win. Defeatists are pessimists. They expect to fall short and in the tradition of self-fulfilling prophecy, that is exactly what they do. The cynical and doubtful personalities among us are negative about change, distrustful of transformation, and fatalistic about the future.

“If you say you can or you can’t ... you are right either way” Henry Ford

So when we expect to fail, we most often do. What’s more important, however, is that being pessimistic creates the psychological mindset of a quitter. Defeatists are resigned. They give up easily, lose their drive, and lack objectivity about any given task. They tend to self-sabotage right out of the gate and before they have either intellectualized or made a proper assessment of a given task. Such an attitude leaves one unarmed and ill-equipped for the day-to-day challenges of life and this impacts the quality of our existence as well as our ability to persevere, persist and thrive.



The Strength Factor: A Strong Body for a Strong Life

We are a “pull up a seat,” “take a load off,” “sit down” society, and it is killing us! Most of us that tap away on a computer, shuffle papers around a desk, answer phones, sit in meetings, or commute ... spending the majority of our day on our backside.

All day sitting is replete with health hazards from back pain, to obesity, to neck stiffness, to stress injuries, to diabetes, and even heart disease. If that doesn't get your attention ... this might.

Researchers now say that the more time we spend sitting, the shorter our life expectancy. As a matter of fact, if we can reduce the time we spend on our butts to less than three hours a day, we could live up to two years longer.



So while sitting and inactivity seems to be the root cause of many modern illnesses, strength training may very well be the cure. It is the key to warding off many age-related injuries, afflictions, frailties, and disabilities. It is critical to all around health and fitness at any age, but particularly as we get older.

As we age, our muscles weaken and wither. That is an unfortunate and indisputable fact and many experts now believe that a weak body is also a vulnerable body. Less muscle mass means our bodies are less flexible, less balanced, and less stable. This puts us at a higher risk for falls and fractures. A lack of lean muscle also slows our metabolic rate, which makes the body more prone to fat storage and obesity. Weak muscles also greatly depletes our overall body strength and taps our biological energy reserves.

The solution is strength training. What is it? It's one of the oldest forms of physical exercise known to human civilization, and it is a method of increasing muscle strength through direct resistance. Resistance can be in the form of free weights, weight machines, or one's own body weight which targets a major muscle contraction. So whether you choose to do dumbbell curls, leg lifts, or the bench press, the benefits of strength training are worth the effort.



Strength Training ...

- **Increases bone density**
- **Reduces the risk of osteoporosis**
- **Fights body fatigue**
- **Boosts stamina**
- **Helps prevent injury**
- **Improves posture**
- **Boosts mobility**
- **Enhances mental clarity**

And let's not forget how much more attractive muscle is than fat. Having a strong body is simply an important part of looking and feeling better. The stronger we are, the more resilient we are and physical strength has proven to be a critical factor in achieving a higher quality life and a longer life.

Conclusion

So living longer, better and stronger very much depends upon our lifestyle. Embracing wellness is clearly a choice. Each day we make food choices, we embrace a certain outlook on life, and we make critical decisions about the care of our bodies ... to exercise or not to exercise.

The effects of good nutrition last a lifetime. A balanced diet is not only essential to keep our body systems fueled and functioning at peak efficiency, but it also helps us maintain a healthy weight. Good food impacts both our physical and mental health. It helps prevent disease and illness. It can increase our natural energy levels, slow down the aging process, and improve our appearance.



The key components of a sound longevity diet consist of foods high in anti-oxidants, rich in omega fatty acids, chock full of fiber and with ample supplies of vitamin C, vitamin A and calcium. It also includes foods with distinct detoxifying, healing, and anti-inflammatory characteristics. These foods naturally boost heart health, stimulate cell growth, improve digestion, and contain nutrients that positively impact cognitive function.



While we need good food for strong bones, we need strength training for a sound body. Loss of muscle mass and strength is part of the aging process and can be directly linked to many chronic diseases. Fortunately, resistance training can help rebuild lean muscle to help us better manage our body weight, increase our energy levels, improve our sleep patterns, and boost our overall mood!

Strength training offers an impressive list of benefits from stronger bones, to a healthier heart, to a leaner body, to better balance, to lower cholesterol ... but perhaps the greatest of all is its ability to reduce the effects of aging and increase our odds of living a longer and higher quality of life.

So the power to live long and to live well rests with each of us. It is never too late or too early to embrace better nutrition, a more positive attitude, and an exercise routine that will help make us stronger, sturdier and more resilient.

It is quite simply, up to you. So get out of your chair, put down the cake, grab some veggies, and hit the weights! You may just feel dramatically different and live for a very long time!