

HEALTHYFORLIFE U

Welcome

Thanks for checking us out!

There are so many products, programs and diet plans out there, it's hard to know which to choose. Walk into your local nutrition store and you'll find thousands of products and books on the shelves. How can anyone possibly choose from that selection!

Good news! Healthy for Life U is all about simplicity and convenience! This course will simplify making healthy choices and give you simple, common sense questions to ask to empower you to determine what's good and what's not.

You won't have to feel like you're guessing about your health any more.

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1 This course is presented as Christian literature. The information is presented from a Christian world-view and is based on biblical principles as well as accurate scientific data, years of experience working with real people and common sense.

The statements in this brochure have not been evaluated by the Food and Drug Administration. This brochure is not intended to diagnose, treat, cure or prevent any disease.

About Us

Since its founding in 1998, Healthy for Life U has helped thousands of people like you turn their health around.

The Healthy for Life philosophy is that nutrition should come from the food we eat - the way it was intended. Over the years, our society has favored convenience and mass production, leaving our food supply lacking in a few essential nutrients. Our program is simple: eat whole food and supplement the few essential nutrients often missing from our foods.

This booklet will help you define what good whole foods are and identify nutrients that you may not be getting from your diet. It will also help you avoid products and programs that are unnecessary or even harmful to you. **This booklet is a brief overview of the subjects covered.** Additional information is available on our website www.healthyforlifeu.com.

Recommended by doctors



Dr. David Sim, MD
Cardiologist



Dr. Carlos Reynes, MD
Internal Medicine
and Family Practice
Physician



Dr. Robert Rowen, MD

Watch a live seminar
with Dr. Rowen on our
website

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Too many words? Watch the video online!
www.healthyforlifeu.com

Move It or Lose It!

The most popular “solution” to health and weight loss is exercise. While keeping your body active is important, it is not the primary way to keep healthy. Plenty of young elite athletes have had failed health. We always stress the fact that being fit doesn’t equal healthy. What exercise does do is keep your body active and your cells oxygenated, which is a very good thing. Remaining active your entire life will be extremely beneficial to your health and will help you to have a good quality of life well into your later years.

Stay active now, be active later

Types of activity



Aerobic

This is activity that gets your heart pumping. Running, jogging, swimming, rowing, walking and cycling are all examples of aerobic activity.



Stretching

Flexibility is helpful in maintaining health and mobility as you get older. Stretching not only helps reduce injury when done before and after workouts, it also helps build flexibility.



Core Strength

This activity includes lifting weights or body weight, weighted movements and resistance bands to work muscle and gain strength.



Recreational

This is the fun stuff and includes hiking, bike riding, golfing, gardening or any activity that helps reduce stress in your body.

Don't let it go to your head

Some people make the mistake of using exercise to allow them to eat whatever they want, thinking if they aren't gaining weight it must be OK. Just because you aren't gaining weight doesn't mean eating bad foods is healthy.

Don't slow down

It's important to remember as you age you can't stop moving and being active. It's even more important to maintain your mobility! Joints can regenerate and heal; you don't have to worry about overusing them. Not using them is more damaging.

Health conditions associated with lack of movement

According to the World Health Organization, physical inactivity is the fourth leading cause of mortality worldwide.

- Osteopenia / porosis (loss of bone tissue)
- Neurological dysfunction
- Joint disorders
- Chronic pain conditions
- Fatigue
- Hormone imbalance
- Cardiovascular disease
- Increase of injuries
- Longer healing times
- Metabolic disease
- Obesity
- Back and neck pain

How much should I exercise?

With exercise, more isn't always better. You should find something you enjoy doing and try to do it several times per week. You don't have to make exercise your part-time job, but it should be more than a once a week activity. Functional movement is a great option. There are plenty of fun classes you can take that will give you a great workout, and you may just make a new friend in the process. Check out your local YMCA or other gyms. You'll find plenty of options to get you moving!



Additional Resources



Watch the video online

Not a reader? Watch each lesson online! Videos are only a few minutes each, so you'll be up to speed in no time. www.healthyforlifeu.com



Take it further

Want to learn more? View additional resources with more in-depth information for each lesson. www.healthyforlifeu.com

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