

Health exercises at AB-MCClinic

Health Benefits of Regular exercises

Regular exercise and stretching provide enormous health benefits. Regular exercise, combined with Acupuncture and Herbal remedies, is essential to balancing organ disharmonies associated with neuromuscular pain, tightness, and tension. A daily exercise routine with stretching can help to reduce Heart disease, Cancer, Type-2 diabetes and many other diseases and metabolic conditions. Regular fitness exercise is also highly beneficial for weight reduction and weight maintenance and may improve brain chemistry to reduce depression.

Health Benefits of Exercise:

- Improve your chances of living longer
- Improves quality of life
- Reduces the risk of Heart diseases
- Helps lower high blood pressure and high cholesterol
- Helps to protect you from developing certain cancers

- Helps prevent or control type-2 diabetes
- Reduces the risk of arthritis and alleviates associated symptoms
- Helps prevent osteoporosis
- Improves mobility and strength in later life
- Alleviates symptoms of depression and anxiety
- Benefits weight reduction and weight management

Health Benefits of Stretching

- Increases flexibility and daily performance of muscles
- Improves range of motion of your joint for better balance
- Improves circulation and increases blood flow to your muscles
- Promotes better posture and minimizes aches and pains
- Relieves stress associated with tense muscles
- Prevents injury

For the greatest overall health benefits, experts recommend that you do 20 to 30 minutes of aerobic activity three or more times a week and some type of muscle-strengthening activity and stretching at least twice a week. However, if you are unable to do this

level of activity, you can gain substantial health benefits by accumulating 30 minutes or more of moderate-intensity physical activity a day, at least five times a week. For people in their thirties and beyond, many of whom have pain in targeted areas, it may still be a very good idea to do static stretching exercise in conjunction with their holistic treatments.

If you have been inactive for a while, you may want to start with less strenuous activities such walking or swimming at a comfortable pace. Begging at a slower pace will allow you to become physically fit without straining your body. Once you are in better shape, you can gradually do more strenuous activity.

The following section provides exercise programs to target areas of the neck, shoulder, back, wrists, knees, ankles, elbows and upper body. As a general rule, when you're stretching or exercising, focus on big muscle groups first such as hamstrings, calves, and quads, which support the surrounding structures and then move to small groups later. Stretching for longer periods of time is preferable over more repetitions. Stretch muscles and joints that you routinely use at work or play. Warm your body up first. Stretching muscles when they're cold increases your risk of injury,

including pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes. Better yet, try Qi Gong (moving body energy) and warming-up exercises so your muscles are more receptive to stretching.

General rule and caution: you can exercise anytime, anywhere in your home, at work or when you're traveling. If you have a chronic condition or an injury, however, you may need to alter your approach to exercise. For example, if you have a strained muscle, exercise may cause further harm. Discuss with your family doctor, physical therapist and exercise consultant the best approach to strengthening your body.

At Acupuncture Body-Mind Care Clinic, Dr.Maurice R.Ac. and his staff treat a patient as a whole person. We always focus on the root of symptoms in order to balance physical and emotional states.