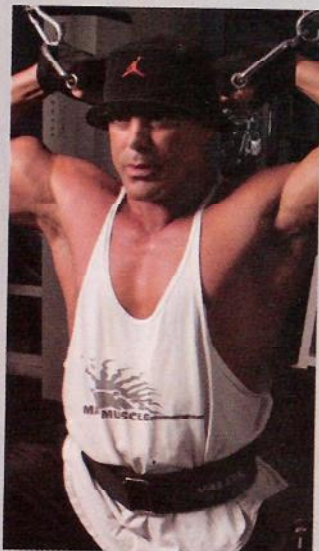


Total Health for Mind and Body

This month we are featuring Rico Conner, who wrote the e-book *Total Health for Life—Mind and Body*. This book is recommended for people of all ages who are trying to better themselves mentally and physically. More than just a workout book, it is a lifestyle program. The author claims that you can change your life in only seven hours a week. What we found exciting is the author doesn't just tell you what to do, he clearly tells you why. Below are just a few excerpts of why *Total Health for Life—Mind and Body* can change your life.

■ Here is an example of why good health is a combination of diet, aerobic exercise, and anaerobic exercise (resistance training). Have you

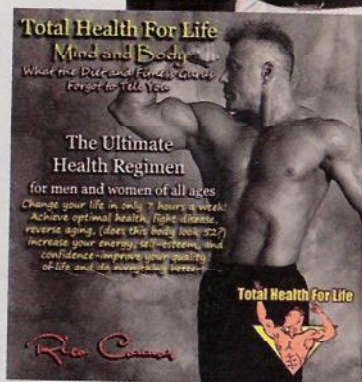
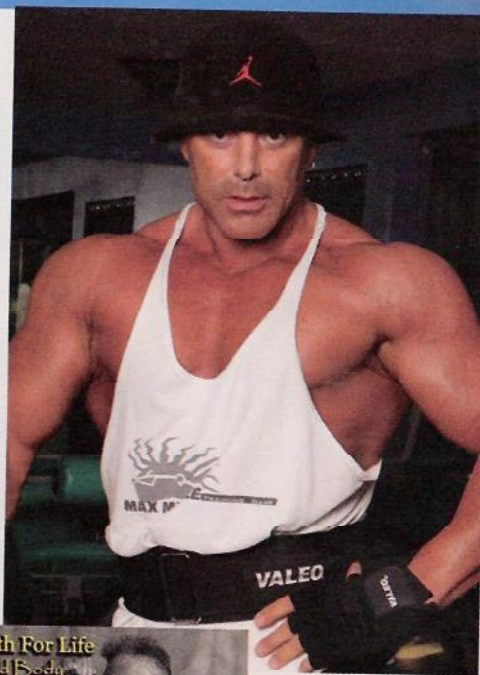
ever seen long-distance runners? Good long-distance runners don't do any kind of resistance training and they take one-fourth of the equation for optimum health out of the picture. This is why they are all frail and skinny looking. Whatever muscle mass they would have had was eaten up by their overload of aerobic activity. Their lungs and hearts are in unbelievable cardiovascular shape, but their muscle has been cannibalized for



energy. To endure their large amounts of aerobic activity, their bodies shed both lean and adipose tissue. This is why you should do cardio in moderation. The right amount of cardio helps you lose that fat, but too much can strip away any lean muscle you may be trying to build. These three components have to be balanced to achieve a muscular, lean, heart-healthy, symmetrical body.

■ The unconditioned heart requires seventy to one hundred beats per minute at rest to do its job. The average resting heart rate is about seventy-two beats per minute. The conditioned heart pumps between thirty and sixty beats per minute at rest, pumping the same amount of blood as the unconditioned heart does at seventy to one hundred beats per minute. As we can see, the conditioned heart pumps far fewer times to get the job done and therefore suffers much less wear and tear than the unconditioned heart.

Let's do the math. An average of forty beats per minute difference, times sixty minutes (one hour), times twenty-four hours (one day), times 365 days (one year), equals an unbelievable extra 21,024,000 beats per year that the unconditioned heart has to



pump more than the conditioned heart! Now do you see how cardio fitness relates to your heart?

■ After age thirty-five, women start losing muscle mass and bone mass each

year. After menopause they lose even more bone mass. If they do nothing to counteract this, they risk osteoporosis and bone fractures. Once again, the best way to counteract these pitfalls of aging is strength training combined with a proper diet and supplementation.

Women in this age group who participated in a regular strength training study gained bone mass and bone density, muscle mass, became stronger and more active, and had more energy. It was also found that strength training elevated their moods and fought depression.

Rico Conner is a 52-year-old self-taught health and nutrition expert. His newly published e-book delivers lifestyle advice for adults of all ages who want to be in great shape, age well, and increase energy, confidence, and self-esteem. You can find more information about *Total Health for Life—Mind and Body* at www.total-health4life.net.