

CORNERSTONE HEALTH

EMPOWERING THE MIND TO TRANSFORM THE BODY

SECTION 1: FOUNDATIONS OF HEALTH

A photograph of a dumbbell and several weight plates resting on a textured, grey concrete floor. The dumbbell is positioned in the upper right corner, and the weight plates are in the lower right corner. The text "Principle #5" is centered in the middle of the image.

Principle #5

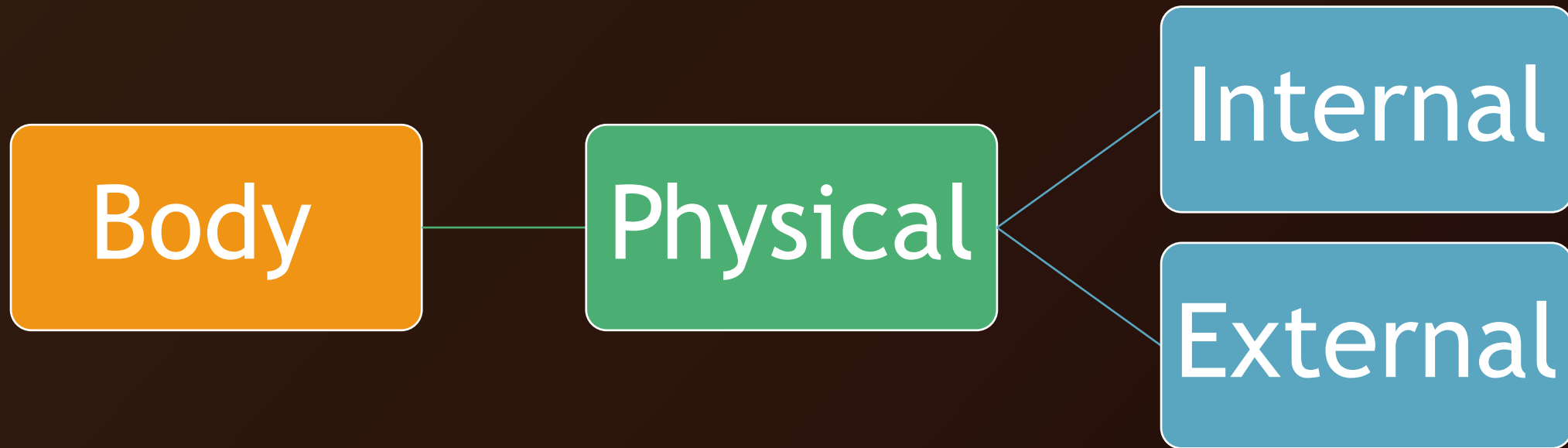
Fitness

Discussion points

- What is fitness and how is it beneficial to the body?
- Beside improving my physical condition, how else is fitness beneficial for me?
- Besides traditional exercise, what are my alternatives?

Fitness defined:

The condition or state of being proper or suitable:



How is fitness beneficial to the body?

- Since fitness encompasses the "whole" person, the benefits are numerous.
- Internal:
 - Heart- These are involuntary muscles in your heart, as you exercise are responsible for circulating oxygen enriched blood to the skeletal muscles, kidneys, brain, skin, liver, heart, and gastrointestinal tract.
 - Muscles- "If you don't use it you will lose it". Routine exercise help to maintain muscular strength and endurance as you age
 - Skeletal- Being fit is a preventative measure since bone weaken as you age. Weight bearing exercises keeps them strong.

External Benefits

Since fitness encompasses the "whole" person, the benefits are numerous.

- External:
- Physique-overall appearance and shape of the body.
- Balance- Stabilizing muscles help support posture and reduce injury.
- Posture- Deep tissue muscles support bones.



Beside improving my physical condition, how else is fitness beneficial for me?



Mental Health

Mind

Clarity

Awareness

Mental focus

Concentration

Energy

Will

Discipline

Social Engagement

Diet

Sleep

Emotions

Reduced anxiety

Reduced fear

Reduced anger

Reduced loneliness

“Aerobic exercises, including jogging, swimming, cycling, walking, gardening, and dancing, have been proved to reduce anxiety and depression.³ These improvements in mood are proposed to be caused by exercise-induced increase in blood circulation to the brain and by an influence on the hypothalamic-pituitary-adrenal (HPA) axis and, thus, on the physiologic reactivity to stress.³ This physiologic influence is probably mediated by the communication of the HPA axis with several regions of the brain, including the limbic system, which controls motivation and mood; the amygdala, which generates fear in response to stress; and the hippocampus, which plays an important part in memory formation as well as in mood and motivation.

“...Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.² Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.³ Exercise is especially important in patients with schizophrenia since these patients are already vulnerable to obesity and also because of the additional risk of weight gain associated with antipsychotic treatment, especially with the atypical antipsychotics...”

National Center for Biotechnology Information



Besides traditional exercise, what are my alternatives?

Cut a rug

Supermarket sweepstakes

Yard work

Carry groceries

Wall push ups

Resistance bands

Tai Chi movements

Dry Brushing (Handout)





Thank you



12

Sources

- <https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/jphysiol.2009.179432>
- <https://www.mydr.com.au/physical-activity-benefits-to-your-body/>
- <https://medlineplus.gov/benefitsofexercise.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
- <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>
- <https://medlineplus.gov/benefitsofexercise.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

Sources

- <https://healthfully.com/531089-what-major-organs-of-the-body-benefit-the-most-from-exercising.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>
- <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>