

of the Week...

Baby Boomer Alert: To Those born between 1946-1964

As they focus on longevity and delaying the physical effects of aging, many boomers see exercise as a key ingredient to a longer, healthier and happier life. In fact, an AARP study found that ACTIVE seniors enjoyed more years of healthy living than did sedentary people. Exercise may also improve memory and brain function as well as improve mobility!

Breathe

Breathing is fundamental to all physical and mental functions. Respiration is a powerful influence on heart function and circulation while supporting both the digestive and lymphatic systems. The average person will take over 20,000 breathes per day.

On a moment-to-moment basis, 24 hours a day, every day, the nervous system responds to your breathing pattern.

Most are not conscious of their breathing but you can take conscious control of your breathing.

Yoga, among other ancient traditions, have stressed the importance of proper breathing for good health. There are some important details for you to consider when it comes to healthy, conscious breathing. Here's a simple healthy

breathing exercise for you:

Find a comfortable spot where you can sit and rest or a place where you can lie down comfortably and undisturbed for at least 10 minutes.

With your eyes closed, focus your attention on your breathing. Breathe in through your nose down towards your abdomen until you feel the breath fill your belly and chest. Hold the breathe for a moment (try a count of 10) and then slowly exhale through your nose.

Try this breathing exercise for 10 minutes in the morning and 10 minutes in the evening right before bed.

Notice the relaxing effects as the body and mind responds to this breathing pattern. Notice and note any benefits in 30 days.

The Bottom Line...The Bottom Line...The Bottom Line...

Higher levels of nitric oxide are produced through conscious breathing. Nitric oxide is involved in hormonal and nervous system activity and helps maintain, repair and defend the trillions of cells in the body. Nitric oxide improves blood circulation and lowers high blood pressure while it reduces pain and inflammation. It increases energy and weight loss while improving digestive and immune system function. Not a bad side benefit to breathing consciously.

This issue of the HealthTip of the Week
is brought to you as a public service by...