

Keeping Healthy During Tough Times:

Part 2: Exercise and Nutrition

Many economists hypothesize that we have seen the worst of this recession, while others still have a pessimistic view that we are merely rising over a hump before an even deeper drop and more serious recession. Regardless of which outcome is true, I imagine that many people have come to realize the important things in their life during these tough times: family, unity, a caring attitude, and health. Health coincides with family, because our ability to nurture and provide support for our loved ones is partially determined by our health. Investments in finance and business may come and go, but investments in health generally have a much more stable and predictable outcome. Although our financial situations are certainly important, I believe that health trumps all.

There are a few ways to invest wisely in our health, and two of the largest investment groups are nutrition and exercise. More importantly, if both nutrition and exercise are invested in together they have a complementary effect—increasing their returns significantly. Exercising can be inexpensive and just requires some ingenuity. Nutrition is where it can really tax your wallet. Is it really worth it? YES! The nutritional quality of most “regular” foods pale in comparison to high quality organic foods. You want meat that does not have antibiotics or growth hormones added to it. You want fruit and vegetables that have limited pesticides and are organic, and you want to limit frozen pre-made foods. I recognize that this may seem like a huge increase in cost and time, but trust me—it’s worth it. Your body will thank you. Once you get used to eating organic and see how much better you feel, you’ll thank me as well. Try to eat mostly vegetables, whole grains, lean meat, nuts, good fats

and fruits and stay away from what 90% of America eats. Generally, if you couldn’t find it in the supermarket 100 years ago, you shouldn’t eat it.

As far as exercising goes, if you can afford a gym membership fantastic...if not, you need to get creative. Do pushups with different width hand placements, do pull-ups with different grips, walk, run, swim, practice deep squats, do sit-ups, play sports, or dance. Play outside with your kids. If you feel like relating back to your primal roots, go outside and pick up some rocks and walk around with them. Load up a wheelbarrow with logs, and just walk around your backyard. Think about it—it wasn’t until recently that obesity became such a huge problem in our country. How did people stay fit before we had gyms? They were active. You don’t need fancy equipment to get in shape. You just need your own body to make it happen.

It would be best for you to work out 30 minutes in the morning and 30 minutes at night rather than doing an hour all at once. If you want to work out 7 days in a row to relieve stress or stay on schedule, just make sure to give yourself two easy days as a form of active recovery. This may be easier

for your schedule, or it may not be—just do what you can. Anything is better than nothing.

Make time to exercise, cook, grocery shop, and eat right. If you do all of these things, you may just be able to get off your blood pressure meds and stop spending so much money on other drugs at the pharmacy. These drug cost savings will more than make up for the extra money spent on food bills each week and the extra time spent exercising. So please, shop organic, eat organic, and exercise. And remember, any little progress you make is better than nothing, and the farther you go the more benefits you will see. To your health!



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