

## Exercise and Nutrition

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No matter what type of exercise you do they require energy, which is defined as the ability to do work. Energy can be in the form of active or kinetic, or stored as potential energy. The first step in producing energy is motion. If you do nothing all day, you have potential energy or stored energy. If you get up and walk around, the stored energy becomes active or kinetic energy. In other words, you begin to use energy to accomplish a task, like walking. Once you use up your energy, there needs to be a way to replenish it. This is accomplished by the intake of food we eat. This is why exercise, nutrition are some important in the way we produce energy, lose weight and staying fit to increase our chances of not getting any serious health problems.

There are two types of exercise we can do. The first is aerobic, which requires the use of oxygen. These exercises are accomplished with slow regular participation, but can be fast also depending on the aerobic exercise. Aerobic exercises are designed primarily for the heart and respiratory systems.

The other type of exercise is anaerobic, which does not require oxygen. In general, short term high intensity exercise is classified as anaerobic, while aerobic is long term low intensity exercise. Examples of anaerobic exercise would be weight lifting or short term high intensity exercise. Anaerobic exercise is primarily used for strength training or conditioning.

Most exercises combine both aerobic and anaerobic activities, but the longer you workout, the more aerobic the exercise becomes. Walking as an example is great exercise for people who may not be able to do weight training. Walking is the only exercise in which the rate of participation does not decline in your later years. In fact the highest percentage of walkers, (39.4%) are found in men 65 years and older.

Studies show that when done on a regular schedule, it can improve the body's ability to consume more oxygen, lower the heart rate, reduce blood pressure and increase the efficiency of the heart and lungs. Walking burns about the same amount of calories per mile as running.

**This is especially important in people who cannot perform running activities. Someone in poor shape will benefit from slow speed and gradually build up to faster speeds. Walking can be done anytime, almost anywhere and can be done by anyone, and it doesn't cost anything. The benefits of regular exercise and eating right will improve your quality of life dramatically.**

**Dr. Ross is a practicing Chiropractor in the Altamonte Springs area with extensive experience in nutrition, exercise and fitness  
Visit our site at [www.drkross.com](http://www.drkross.com) to obtain more information on exercise and nutrition.**