

Quick Start the Rest of Your Life!

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Health science and exercise can get complicated—so keep it SIMPLE! This is how I've stayed healthy for the last 20+ years. Determine your current actions then do more. Take one day at a time. If you allowed yourself to get out of shape and unhealthy, get over it. It's your fault! Now DO something about it. Don't be lazy about your health—BE ZEALOUS! Here's eight to make you feel great—for LIFE!

1. **“Just Move!” –Jack LaLanne:** It's not a cliché; it's a simple plan to get started. If you've been sitting around not exercising and letting your body decay—STOP! Then start moving. Anything that involves simple movement is good. Walking is the best place to start...with one step at a time.
2. **Coach RJ Dynamic Warm-Up:** This keeps your joints working well and eases, if not eliminates, compensations from sedentary lifestyles. It's only five minutes a day—the least you can do for the vehicle in life you call your body!
3. **Core Training:** The absolute best thing you do for back pain and injury prevention is core training. Build a strong back—it's your foundation for movement!
4. **Strength Train:** Weakness=Pain. Be Strong! With traditional lifting, it takes about 8-10 different exercises to hit all the major muscles groups in your body. Options like kettlebells can hit everything at once but are more intense.
5. **Power!** Power=Strength+Speed. If you only strength train in the gym in slow motion, it is not much good outside the gym. In the moment of truth, and yes this WILL happen eventually, you'll be forced to move fast whether you like it or not. Prepare so you can release your strength and actually use it in the real world!
6. **Eat Less:** For about 80% of Americans, this should be a MAJOR health strategy! Even if you're eating crap everyday—just eat less of it, and you'll start losing weight!
7. **Eat Better:** First modify your portions like above then make better choices with what you're actually eating. Moderation is key—don't get crazy and burn out on rice cakes. Just eat fresh foods with less processing. It's that simple!
8. **Be an Ambassador for Health!** Ultimately, after you get your own health act together, you start taking your family, friends, co-workers, and neighbors with you.

America needs to BE STRONG NOW more than ever. Be part of the solution—not part of the problem. How? Get Fit and Healthy! ☺

* Ron Jones (9.23.08)

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Get Fit.  Be Strong.