**Cycle of recovery**

Here are the facts. An individual who is now in their 4th decade of life is at the mid-point of their life. You have the choice to live another 20 years of life or you can double the remaining years of your life and live 40 more years.

I’m remembering an encounter with a disc jockey from a local community whose story and example was a true lesson for me. He was an individual who was 45 years of age. He had been an athlete, in fact a semi-pro athlete in his younger years. He then became a disc jockey and a very successful one at that. However, since his days of activity (working out and training as the athlete he used to be) he had allowed his health to deteriorate to the point of gross obesity, two knee replacements, chronic back pain, a series of other chronic discomforts and embarrassments in his life.

We’ve discussed the “cycle of deterioration” in previous articles. This is what happened to this individual. Had and practiced a normal healthy life for many years. Pain or injury caused him to stop being active. His body hurt. He did less. It caused further injury or depression. He hurt more. He did less. It caused more pain and injury. He continued to hurt. Now doing even less. And so on, and so on, and so on. This is the constant cycle of deterioration.

This cycle leaves individuals in a state of complete helplessness. The cycle needs to be broken. This individual has a choice, he has the choice to live to 65 or he can take charge of his life and live to 85. It’s his choice. At the age of 45 you have the potential of doubling your remaining years of life if you change your ways and take care of your health today.

How? You must exercise on a regular basis and begin eating properly. Yes, Exercise. Exercise is defined as specific activity that is performed on a regular basis to increase the fitness or conditioning of a person’s body. Our human bodies are made to move. When we do not move them, we create problems for our bodies and they fall apart and we hurt. The beginning of the cycle has occurred.

Does exercise have that much of an impact on longevity? Absolutely! With years of scientific research to back up this information it has been proven that individuals who do not exercise will live the last 10 years of their lives in a state of chronic disability. Better stated, this means that someone will be taking care of you for the last 10 years of your life.

Individuals who are active, which is not a structured exercise program, but you are not sitting all day, you travel, you volunteer, you hike occasionally, you garden, you play bridge, etc. These individuals will improve their quality of life only to suffer the last 3 – 5 years of their lives in a state of disability.

Lastly, individuals who have participated in a structured exercise program throughout their lives will suffer an average of 3 months in a debilitative state.

Now you tell me. Do you want someone taking care of you for 10 years while you suffer the pains and depressions of a broken body or would you rather enjoy a quality life up until your final few months of life? I think the answer is clear. In fact, some of our long time, active members have spent no time in rehabilitative care before they passed.

Our recommendation to our disc jockey friend? Start doing absolutely anything to get himself moving, we guaranteed him that he would begin to feel better. He then experienced this after a few minutes of controlled movement for his low back pain. His back felt better!

You move, you feel better. You feel better, you move more. You move more, you lose weight, you look better, you feel better, you move more. We’ve created a “Cycle of Recovery” to a healthier and happier you that will now live until 85 or more with all the qualities of an awesome body and mind.