

## 9 Helpful Tips to Turn Back Father Time.



### 1. *ADD ONE HOUR OF SLEEP TO STOP YOUR BODY FROM EATING ITSELF ALIVE*

Too many people think that sleep is expendable from their list of priorities. You may feel you're losing valuable time by grabbing a few extra winks, but staying well rested can actually be what you need to retain muscle. A sleep-deprived body places itself in a higher catabolic state [meaning your body cannibalizes its own muscle for energy], your adrenaline rises, and your body's ability to repair itself for all your hard work decrease. It's during sleep that your immune system finally has time to rest and heal itself.

### 2. *STAY LOOSE AND LIMBER TO KEEP YOUR MUSCLES STRONG AND TONE*

Maybe you don't care how flexible you are today, but forgetting to stretch regularly will only weaken your muscles in the long run. As you age, the elasticity of tendons, ligaments and joint capsules decreases as collagen fibers cross-link or "mat" together. Eventually this process foreshortens the belly of each of your muscles, causing them to tire out a lot faster. A lack of flexibility also prevents each muscle from working through the most complete range of motion possible, which if you work out denies you all the benefits you're after in the first place.

### 3. *GET MORE REST BETWEEN WORKOUTS TO MANIPULATE YOUR HORMONES*

The older you get, the longer it takes for your body to recover from a hard workout. That means single-body-part weight training six days a week can do more harm than good at this stage of your life, since your muscles may not be getting adequate time to fully repair themselves. Less becomes more in terms of effectiveness as you get older. Breaking up your routine with an occasional total-body work-out- for example, relying more on compound exercises that work multiple muscle groups at the same time-is one sure way to maximize hormone manipulation.

### 4. *WATCH WHAT YOU EAT BEFORE AND AFTER WORKOUTS TO FLOOD YOUR BODY WITH MALE HORMONES*

A few hours before you work out, try eating a tuna-on-whole wheat sandwich, a chicken salad, or some other type of protein-carbohydrate mix (absolutely no mayo!) Research has shown that eating a protein-and-carbohydrate-rich meal two hours prior to exercise, and another protein-carb meal within 60 to 90 minutes afterward can cause a significant spike in both growth and testosterone. What you may not know is that your estrogen-to-testosterone ratio begins leaning toward the female side as you age, which can lead to subtle fat deposition. Adding a few low-glycemic cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, califlower or radishes can enhance [the efficacy of HGH and testosterone] by minimizing the effects of estrogen floating around in your system.

## 5. *CONFUSE YOUR METABOLISM TO ENSURE A LEAN LOOK*

Once you hit 25, your metabolism begins to slow down at rate of 4% every 10 years, and all that extra middle-age weight you stand to gain comes with a lot or more negatives than mere vanity-based concerns (which too are valid as far as we're concerned). You can also see an increase in intra-abdominal fat, which may lead to insulin resistance, elevated levels of fat in the bloodstream, and hypertension. Eating different kinds of foods can help to confuse your metabolism. Too much of anything is not going to be good for you. Eating at different times of the day can confuse your metabolism. You should eat 4 to 5 small to medium meals throughout the day to sustain an optimal metabolic rate.

## 6. *TAKE UP YOGA TO STAY STRESS-AND ANXIETY-FREE*

You may have felt you carried the world on your shoulders in your 20s, but you don't really understand the burden of stress until you're a bit older. Starting a family, crawling up the corporate ladder, and adding refinement to your vocabulary can send you into a whole new stratosphere of anxiety. Add the fact that finding the time to relieve stress is harder because of these new responsibilities, and life becomes a constant stress-raising situation your body can't avoid. Find a source of relief such as yoga to help you to relieve some of your stress.



## 7. *GET PROPER HEALTH CARE WHEN NEEDED*

Most people get in the habit of letting health issues go until the problem becomes severe enough that they must seek care or it becomes bothersome enough that it affects their daily life. In any case, I always say, the five most dangerous words are: "Maybe It Will Go Away". Getting yourself checked out *is not a bad thing*. If your car had a problem, wouldn't you want to have a mechanic diagnose the problem and fix it? Don't fall into the norm and tell yourself that your problem will probably just get better; ("I'll just wait to see what happens"). Take the time this year to improve your health for a better, happier life.

**NOVA Pain & Rehab Center specializes in assisting in these **ways to out smart your body**. If you or someone you know would like to know more, call us today and schedule an appointment for a consultation and an evaluation. **Call 703-535-8887 to schedule your appointment**. Remember, waiting to see if the problem will resolve on its own could invite a more serious condition. **Get yourself checked out TODAY!****