



THE ‘E’ WORD... EXERCISE & TURBO CHARGED WEIGHT LOSS IN JUST 15 MINUTES A DAY??

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Yes it's possible. And no, this is not another gimmick workout like “7 Minute Abs”, or those electrical devices you hook up to your arms to exercise your biceps while you sleep. There really is no shortcut to this, but losing weight and gaining muscle doesn't have to be a four hour event, either.

One of our challenges at Middle Path Medicine, as providers of integrative medicine and chiropractic, is the exercise issue. Yes, barring certain specific medical conditions, you should ALL be exercising. Any therapy we could provide you here could only be enhanced by exercise. The supplements you take are more effective when you exercise. You could make our treatments more successful, you could get better faster, and you could save yourself a LOT of money if you exercised!

“Wellness” or “Longevity” or “Preventative Health” can NEVER be achieved by only focusing on one or a few of the Foundations of Health. The whole spectrum of basic, species-wide health requirements needs to be addressed in order for there to be true wellness. There are essentially 7 of these: Restful sleep, nutrition, meditation/stress reduction, a properly functioning spine/mobility/flexibility, supplementation, positive social interactions, and exercise. You can't do 2 of the 7, or 3 of the 7, and expect to be well and stay well. All 7 are species specific requirements for health. None is more important than the other. And yet so many times, especially as we age, exercise is one of the easiest omitted.

And I understand; I've seen it numerous times in my practice over the last decade: Exercise is tough. People have tried, only to hurt themselves over and over again. They don't know where to start or re-start. They think they are too old or too frail to continue or begin again. They have ‘X’ which prevents them from ‘Y’. With the right professional and the right assessment, those things can be overcome! (More on that later)

And as a point of clarification, when I say exercise, I mean exercising the right way. I challenge you, if you are out there saying “I do exercise”, but you are not approaching your goals, or have not reached and then set new goals, then you are not exercising properly. If you continually hurt yourself, you're not exercising properly. If you have a condition that can be corrected by lifestyle changes, and you exercise, you're probably not exercising properly. If you spend hours and hours a week wandering the gym, with little to show for it, you are not exercising properly!

When you do it the right way you CAN get amazing results in 15 minutes time, which leaves you so much more time (and energy) left over to do the important things

you love to do. What you need is the right information, the right equipment, and the right form.

Introducing the Kettlebell!

If you've never used a kettlebell, or even seen one before, you are in for a treat. When I tell people that a kettlebell is all you need to satiate your workout desires, they look at me like I've lost my mind. "Just this one little thing?" "This cannon ball with a handle on it?"

Yes. That cannon ball with a handle on it has the potential to give you results that doing cardio, free weights, OR machines could never do. The benefit of this little cannon ball is that it is awkward and off centered, which challenges your body to use more muscles when doing an exercise. More muscles equals more challenge, more challenge equals more work, and more work equals more results in less time.

A kettlebell workout is by no means a boring workout either. It is functional and not linear, like typical weight training. Therefore it offers you more practical day to day strength, in addition to helping you look and feel good. Lifting, swinging, or just getting off the ground (called a Turkish get-up) can absolutely blast you to fitness levels you couldn't imagine before.

Most important in all of this is one exercise, and you really only need to do this one to lose weight fast. It is called the kettlebell swing.

- The kettlebell swing allows you to do cardio and weight training AT THE SAME TIME.
- Swings help develop the posterior chain muscles (hamstrings, glutes, core, and back), which are often overlooked in traditional exercises. This is a crucial element for preventing low back injuries.
- Kettlebell swings target a lot of muscles at once and get the heart rate soaring. An excellent fat burner.
- You can literally do a kettlebell swing anywhere; your living room, garage, office. You would have to run a 6 minute mile pace to get the same workout as a kettlebell swing!
- Kettlebells are a low impact activity, which is a great way for seniors and those who have to avoid cardio because of its typical high impact nature, to get quality cardiovascular exercise. "I have 'X' so I can't 'Y'." goes completely out the window here!!
- Kettlebells are a great way to build lean muscle mass which is crucial for any longevity program or wellness program.

Here's the "More on that later": I utilize kettlebells in the [Functional Movement System](#) of exercise and rehab. This is a professional and objective approach to establishing a baseline of functional fitness and mobility, which is extremely valuable for those who are at a "return to exercise", "weight loss", or "lifestyle change" phase of life. Basically we've taken the knowledge of rehabilitation experts, and the knowledge of the personal training world, and combined them into a very efficient system to get results fast.

For some people, especially as they return to health, having a professional observe them and provide guidance through the beginning phase of fitness is essential.

For kettlebells this is very true. It is an exercise style that requires technique. Yes, you could go to the sporting goods store, pick up a kettlebell, and start swinging away. But it's better to learn from a professional first so you can maximize efficiency, and so you don't hurt yourself.

It is very important that you are cleared by your physician before exercising. Next it is very important to consider whether you have any musculoskeletal injuries that need to be treated before exercising. Pain is a signal that should not be trained through. I cannot stress that enough. Nothing good comes down that path. The push through the pain or just ignore it mindsets are the mindsets that cause many people to cycle in and out of exercise, lose faith in themselves and their bodies, and give up ever trying again. We can ALL benefit from exercise, but like I've said, we have to do it right. We have to have all of the steps in place first.

It is recommended that a person is also assessed for their fitness level, or ability to perform exercise. So now you've seen the steps rolled out in front of you... Get cleared by physician, treat any musculoskeletal pains or at least have them evaluated... Have your fitness level assessed. Typically that's three different services performed by three different professionals!! An MD, then a Chiropractor or Physical Therapist, and then a Personal Trainer.

I use the Functional Movement Screen to evaluate patients in my practice. The screen assists me in ruling out any musculoskeletal injuries that would need to be treated before exercise commences, AND it also helps assess clients objectively concerning their fitness/mobility status as well.

THEN using this system a client is issued exercises that either involve the kettlebell, or to prepare them for using the kettlebell. One of the biggest problems we see in rehab and fitness is people stepping into an activity they are not yet ready for. The FMS is crucial for identifying where people should start their exercises, and then work them up to a fitness level that allows them to perform the activity they would like to do without injury.

The patient can either perform the exercises at home, at their gym, or in a professional private setting. We are making the FMS system available for private one-on-one times in the office for a monthly rate of \$125 for up to 8 sessions, or \$55 each session. Exercises take about half an hour and are guided by me personally.

So if you are interested in losing weight, gaining lean muscle mass, reaching fitness goals that have been out of reach, or learning more about kettlebell exercises, feel free to consult with me. A no-risk consult can give you an idea if this is the right thing for you, and give you proper informed advice to help you reach your personal health goals.

In Good Health,
Dr. Bob Maybee, MPM Chiropractor

References:
Upon Request

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