

The Health of America is Failing

The health of America has been battered by poor nutrition and improper exercise



- Exercise gyms on every corner
- But why are 1/3 of adults obese, 20% of children are obese, diabetes is an epidemic (25% of 60 year old are diabetic) and cancer is everywhere.

What is “Solution” – 6 Steps

- Exercise right
- Eat right
- Increase your fat burning hormone
- Lower your Insulin levels
- Discipline is a must
- Stronger Together – Don't exercise alone

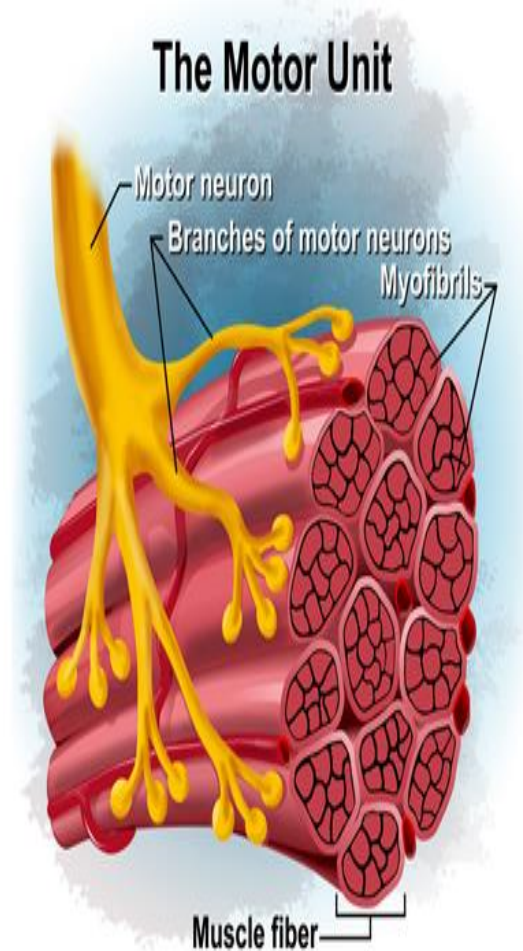
Exercise is World's Best Medicine

- Sprint 8 – Best exercise for cardiovascular fitness and longevity
- Boxing is best exercise to regress Parkinsonism.
- The correct diet with Sprint 8 can allow you to become a new you.



Exercise Intensity and Muscle Fibers

- Slow twitch muscle fibers (40%) used in walking and jogging.
- Fast twitch muscle fibers (60%) used in Sprint 8 and high intensity exercises. Fat burning hormones are only produced by fast twitch muscle fibers



Obesity

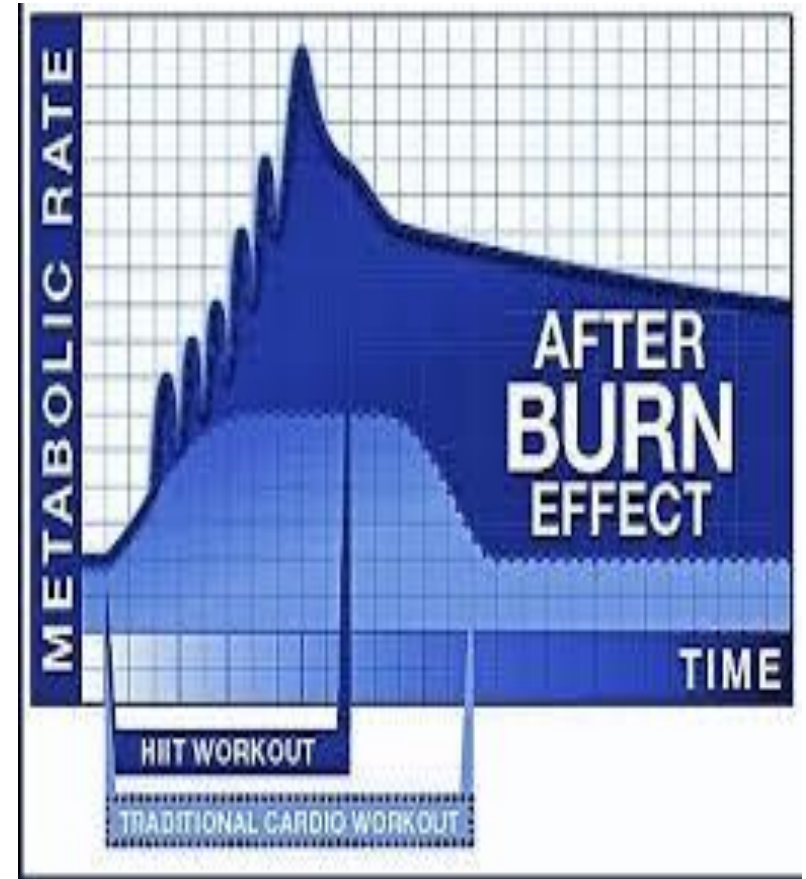
- Not activating fast twitch fibers and no increase in hormones (dopamine, testosterone and GH)
- Cannot burn fat.
- Tried on multiple diets and initially loses weight and then regains more weight.

If you increase testosterone and growth hormone you will burn fat and build muscle



HIT Exercise Can Reverse Obesity

- Increases fat burning hormones
- HIT exercise burns 25-30% more calories than low intensity exercise.
- HIT exercise has an afterburn effect and will burn calories even after you complete the exercise.

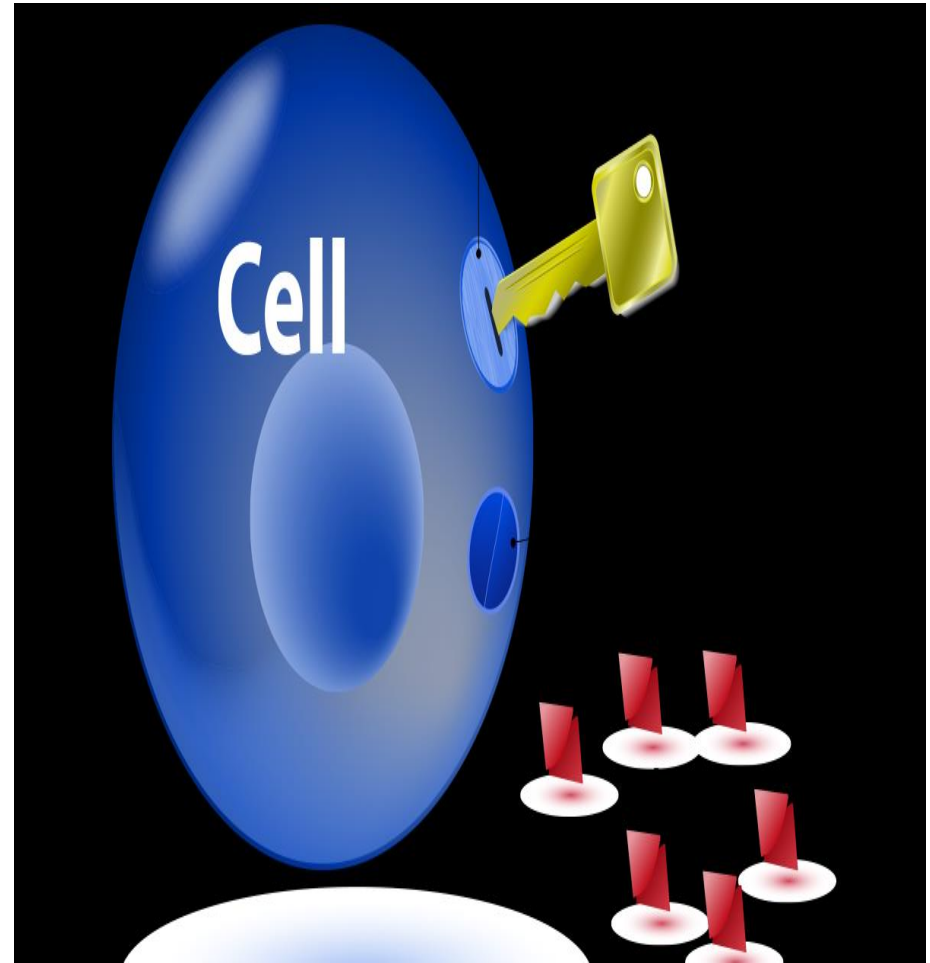


Sprint 8 – Improves love handles and wrinkles. No more Botox



HIT Exercise Improves Insulin Resistance

- Better than Metformin. It makes the cell receptors work better and more sugar is removed from blood stream.
- HIT exercise can reverse type 2 diabetes mellitus



HIT Improves Cardiovascular Performance

- HIT exercise builds new heart vessels to improve coronary flow.
- Increases heart rate which pumps more blood.
- Can lower TG, cholesterol and increase HDL.
- Can lower BP which decreases stroke risk.



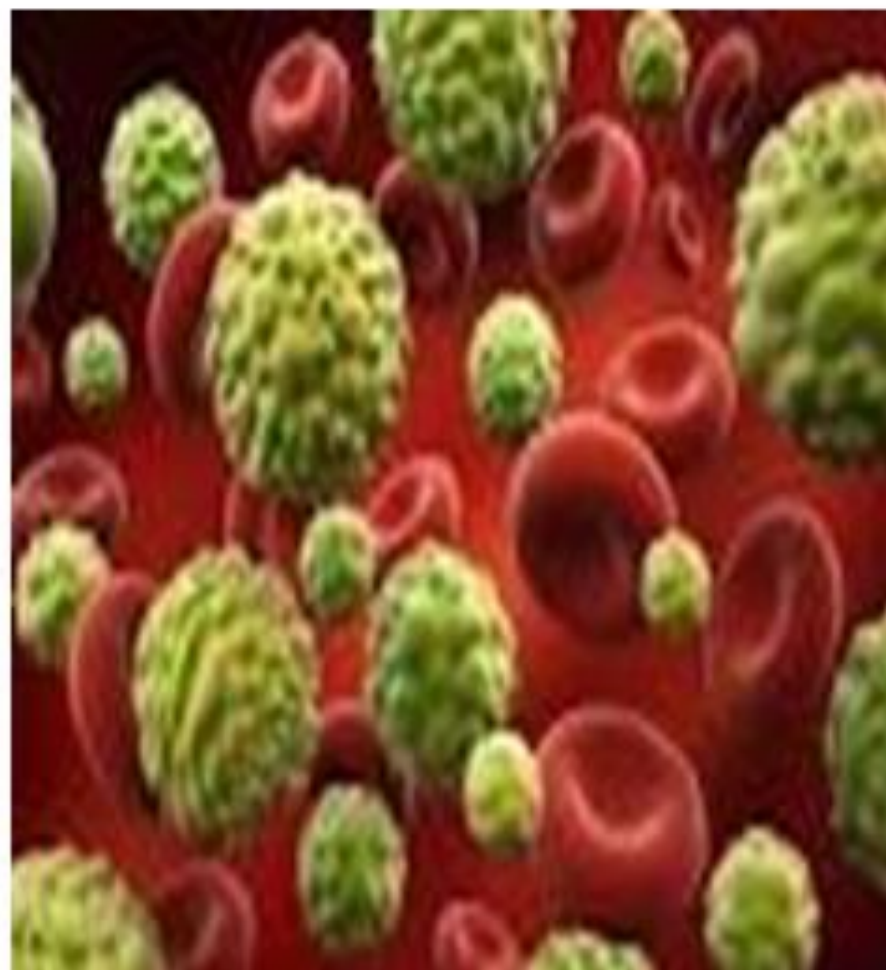
Sprint 8 increases telomeres (changes your DNA)



- The shorter your telomeres the more you age and the quicker you die.
- People with short telomeres have higher death rate from heart disease, cancer and infections.

Sprint 8 attacks cancer cells

- High intensity exercise in rats reduced tumors by 50%. This occurred by causing the body to send natural killer cells to fight the cancer implanted in rats.



If You Could Imagine



If You Could Imagine



Dopamine is Critical for the Brain

- Dopamine is needed for healthy brain.
- Keeps you focused and motivated.
- Makes you feel alive
- Improves memory
- Puts a smile on your face and fights depression

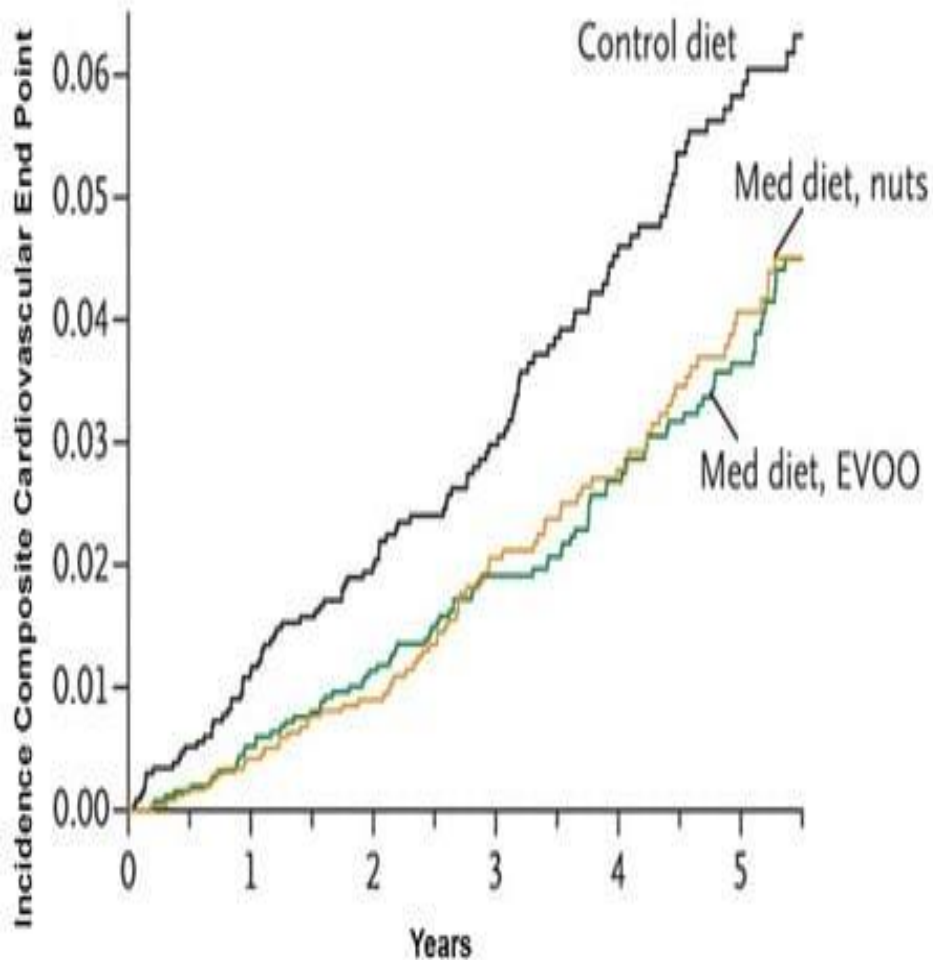


Boxing Regresses Parkinsonism

- Increases Dopamine
- Creates new neurons and helps to rewire the brain, a process called neuroplasticity.
- Improves balance and flexibility
- Improved depression and sadness.
- Boxers are fighting back against their disease.



Mediterranean Diet vs Low Fat Diet



- Compared Mediterranean diet to traditional American (low fat diet).
- Study stopped early due to significant benefits with Mediterranean diet.

Food Choices of Mediterranean vs Low Fat

- Olive oil and nuts
- Fruits
- Vegetables
- Fish (fatty fish, shellfish)
- Legumes
- Meat – Chicken, Turkey and Eggs
- No sugar or salt.
Seasoned with spices
- No butter or margarine
- No red meat or processed meats such as sausage and bacon
- American diet (SAD) is low fat diet with low intake of saturated fat.
- SAD uses more breads, pasta, rice and potatoes than Med diet
- Nuts and olive oil are not eaten frequently.
- Consumption of fruit and vegetables is less than Med diet

Mediterranean Diet Lowered Risk of

- Cardiovascular disease and stroke
- Death from cancer
- Diabetes Mellitus
- Alzheimer's
- Parkinsonism
- Macular degeneration
- Sexual dysfunction



High Insulin level – Causes 80% of Diseases in US

- Not HbA1C or blood sugar levels. Elevates too late.
- Constricts vessels and causes CAD and HTN
- Main cause of abdominal obesity – Inhibits your hormones
- Main cause of Cholesterol elevation.
- Increases cancer growth
- Causes Diabetes
- Fatty liver – Number one cause of Cirrhosis
- Dementia and Parkinsonism
- Low testosterone and sexual malfunction
- Normal level < 5

Discipline is Essential

SUFFER THE PAIN OF
DISCIPLINE
OR SUFFER THE PAIN OF
REGRET



- You have to take your body to places that it does not want to go.
- The more we push our bodies the more benefit we receive
- God wants you to sweat. You never activate your hormones unless you push beyond your normal ability

STRONGER TOGETHER



Options for sprint 8

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