

Come On....Get Moving!!



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It's cold outside, your hands are frozen and your feet feel like leaded weights. All you want to do is curl up in bed with a good book and vegetate. Of course whilst there is nothing wrong with that, as we all need to rest, why not defy your brain...and get moving. You'll be amazed at how alive you'll feel. The difference between feeling good and feeling great involves examining all areas of your life holistically and making changes that encompass body, mind and soul. Exercise is a great way to start.

As 'lifestyle' illnesses gain momentum in the 21st century, more and more health practitioners, in fact people in general, are becoming increasingly aware of the impact that all the aspects of our existence have on our bodily state. No longer is a 'magic pill' the only form of treatment. Today, awareness of diet, emotions, sleep-patterns, environment, elimination and of course rest and movement are becoming just as important in the improvement and maintenance of healthcare as medication. Tibb recognizes and encourages these 'lifestyle factors' in its approach to all health conditions.

Movement and Rest patterns form part of Tibb's **SIX GOVERNING OR LIFESTYLE FACTORS**, which are considered vital for good health. We are all aware of the value of controlled, consistent and reasonable physical exercise in the maintenance of our well-being. Over and above the physical and psychological benefits that result from regular exercise, physical activity also aids with:

- Improved cardiovascular fitness, reduces high blood pressure, strengthens the heart and stops the build-up of fatty deposits in the blood vessels.
- Indigestion and other disorders of the gut.
- Strengthening bones, especially in older people.
- Prevention of unnecessary weight gain.
- Improvement in posture (which has a positive effect on the internal organs).
- Relaxation and quality of sleep.
- Reduction of stress levels.
- Greater mental vitality and higher concentration levels.
- Boosting activity levels and increasing self-confidence.

For maximum benefit, it is ideal to exercise for about 30- 40 minutes, 4 times a week and to ensure that the heart rate is increased periodically. Tibb views exercise as an extension of an individual's make-up, recognizing that each person has exercise needs that are unique to them. It is therefore imperative that each person be aware of his/ her Temperament and identify the type of exercise that is suited to that Temperament. (Temperament is the combination of physical characteristics, mental, emotional and spiritual attributes which make up the unique disposition of each person. Read more on Temperament and exercise in the Tibb Book: **4 Temperaments, 6 lifestyle Factors. By Professor Rashid Bhikha.**) What is common to all people regardless of Temperament is the fact that Exercise increases Heat within the body. This is wonderful in winter months when we need to combat the cold, or in people who generally feel lethargic and need heat to boost their energy levels.

Whilst exercise increases the heat within the body, rest produces a cooling and moistening effect. Balance between movement and rest is very important for the maintenance of good health. We need enough of both for the body to function optimally.

It is never too late to start. No matter how unfit you may think you are, all you need to do is TAKE THE FIRST STEP, and your life can change completely. Ask anyone who exercises regularly and they will tell you how incredibly therapeutic exercise is, to focus, release stress and invigorate the mind.

This on top of the obvious benefits to one's body, internally and externally. Go on...What are you waiting for...make the first move towards good health. Your body will thank you!

The Tibb Walking Exercise is a gentle exercise recommended for all Temperaments and suited to first timers. It can be done anywhere.

- Warm up by walking normally, swinging the arms in a gentle arc. Do this for 2 minutes initially.
- Follow this with brisk walking, raising the arms and legs in a 'marching' motion. Do this for 5 minutes initially.
- Cool down by walking normally as in the warm up. For about 2 minutes.
- Do this exercise daily. Gradually building up to between 25-40 minutes.
- Don't forget to stretch at the end.

The Tibb Jogging Exercise is more intense and is suited for people who are more fit. Please drink plenty of water with this exercise.

- Start by walking for two minutes, swinging the arms.
- Jog on the spot, lifting knees as high as possible. Rest the weight of your feet mainly on the balls of the feet, (prancing). Swing the arms in a circular motion. Do this for 30seconds at first and build up to 5 minutes.
- Jog at a constant pace for a further 5 minutes.
- Cool down by walking as in step 1.
- Build up to 20 minutes at a time.
- Stretch at the end.