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Healthy Living In The Outdoor-Paradise Florida

"Where can I escape to from Germany's wet-cold and uncomfortable season and have the possible most fun?" My German clients ask me this each and every year. Again and again my answer is simply: "The best place I know for swimming, biking, hiking, walking, sailing, or fishing is the Outdoor-Paradise Florida!" Why? By alternating different physical activities it is possible to reach the maximum and longest lasting health effects of stress reduction, recovery, and fitness fast.

Enjoy Florida's unique features of 2260 miles of coast line and 159 State Parks. These offer unlimited possibilities for the recuperation of body, mind, emotions, and soul. All year around you are able to select the playground your heart desires from undisturbed nature to well maintained nature trails and parks for healthy activities.

Research shows, as little as 20 minutes of medium strong physical activity three times per week offer enormous health benefits. There is a clear correlation between effort and health effect. Which means more is better than none, but a adequate measure is vital. Most importantly one has to enjoy these activities and does not consider them to be chores.

Florida's sun, warmth, and waves combined with physical activity trigger the body's self healing forces and lead to increased strength and rejuvenation through the production of new cells. That is self rejuvenation at its finest. Deepened breathing during exercise enriches the blood cells with more oxygen and increases their elasticity. This enables the blood to travel into the smallest capillaries in all tissues and guarantees a good supply of energy from oxygen and glucose for them. In this way, even new blood vessels and tissue cells can be formed in muscles, the heart and brain. The improved mobility of the blood decreases the risk of blood clot formations, and their attachment to the artery walls, preventing the occurrence of heart attacks or strokes.

During exercise we burn more calories. Therefore, we lower the risk of weight gain, diabetes, and elevated unhealthy blood fats. Faster intestinal passage of food helps eliminate toxins quicker, reducing the probability of cancer of the large intestine and breast. Regular and varied physical activity also prevents development of Osteoporosis in men and women. It increases vitality and the mobility of muscles and joints, which in turn enables individuals to enjoy an independent life style even in old age. The improved blood circulation in the brain has proven to lead to the continued experience of joy, concentration, attention, memory, and orientation, therefore, counteracting the development of the Alzheimer disease.

During the activity phase when exercising and still, hours later, during the relaxation phase, hormones are released in the brain which cause a general feeling of well-being and thereby diminish stress and depression. The felt euphoria can be easily recognized by others through the radiating eyes which look particularly attractive. All these factors result in higher self-esteem and quality of life.

Still, caution is advised: Make sure that you take in sufficient quantities of liquid. It is best to begin one hour before starting exercise, drinking about 16 ounces and altogether at least 68 to 100 ounces or $\frac{3}{4}$ gallons of water or sports drink during the active day. Alcohol, coffee, tea, and soft drinks are not to be taken into account and avoided if possible.

CORNELIA C. DILLEY, M.D., Ph.D., Psy.D.

Holistic Health Coach - Preventive Medicine - Stress Management

E-Mail: Contact@DrDilley.com Tel 954-224-2666 Fax 954-450-3392

Offices in Dade and Broward