

The Vibrant Lifestyle

How to Live Vibrantly to 100!!



By Glen Schaffer, D.C.

San Carlos Chiropractic & Massage

"Restoring Health to the Hurting"

How long do you want to live?

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Don't have much control over length of your
life

You have a lot of control over the
quality of your life

What is the fastest growing segment (age grp) of our population?

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- **Centenarian**
- **60 thousand**

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- Est. by 2050, over 2 million

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You get advanced
notice!!!

If you knew you were going to live to be
100

- How would you change your
life?

As a Christian, what portion of your remaining life do you want to vibrantly serve god?

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- Small Portion – until you're 20-30

As a Christian, what portion of your remaining life do you want to vibrantly serve god?

- Moderate Portion – into your 50-60

As a Christian, what portion of your remaining life do you want to vibrantly serve god?

- Entire Life – Vibrantly to the end.

Heb 12:1 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us”

Top 10 Health Conditions in U.S. (\$506B spent)

- Heart conditions (\$76 billion)
- Trauma disorders (\$72 billion)
- Cancer (\$70 billion)
- Mental disorders, including depression (\$56.0 billion)
- Asthma and chronic obstructive pulmonary disease (\$54 billion)
- High blood pressure (\$42 billion)
- Type 2 diabetes (\$34 billion)
- Osteoarthritis and other joint diseases (\$34 billion)
- Back problems (\$32 billion)
- Normal childbirth* (\$32 billion)

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Running the “race” strong.

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- The major health conditions that will prevent us from having a Vibrant Lifestyle
- The major health conditions that may prevent us from vibrantly serving the Lord in the manor we'd like to!!
Running the “race” strong.

Are almost all preventable
.....by the lifestyle choices we
make!!!!

What is the Vibrant Lifestyle?

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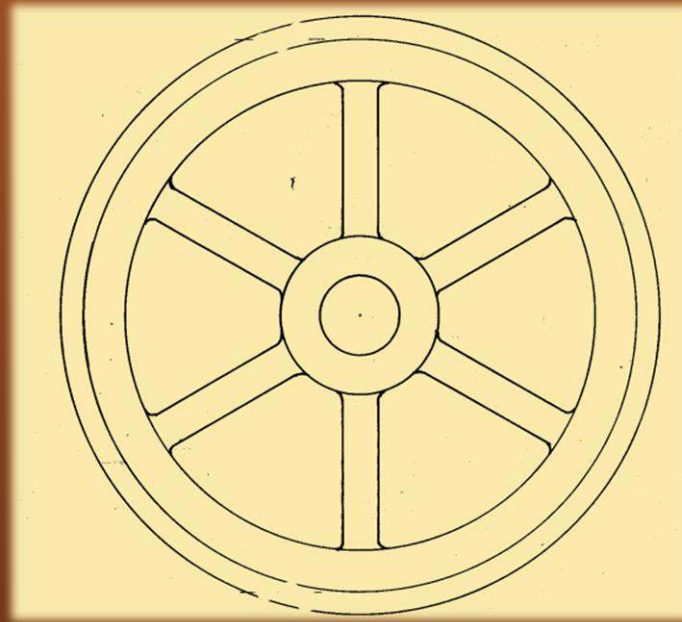
What is the Vibrant Lifestyle?

- Living a healthy, active, vibrant, passionate life...80's, 90's or 100's

1 Cor 6:19-20 “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

What is the Vibrant Lifestyle?

6 Pillars of a Vibrant Lifestyle



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- Proper Exercise

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- Proper Structure
- Eliminate Toxins

What motives you to make changes?

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Crisis motivation? (negative)

What motives you to make changes?

Outcome motivation? (positive)

What motives you to make changes?

To have a positive impact on your physical, emotional, relational and spiritual well-being you need to be more Outcome Motivated!

Pillar #1 – Proper Exercise

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Positive connotations – but not all exercises may be right for you



Pillar #1 – Proper Exercise

God created our bodies to be used

Pillar #1 – Proper Exercise

General Guidelines

- Start slow, progress slowly

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General Guidelines

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- Recover between workouts, rest
- Be consistent and patient
- More and longer are not better
- Proper equipment and technique
- Monitor results – heart rate, calories, wt..
- Mix it Up, make it fun!!!

Pillar #1 – Proper Exercise

Components of Proper Exercise

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- Endurance

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- Flexibility

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- Endurance
- Flexibility
- Strength

Pillar #1 – Proper Exercise

Components of Proper Exercise

- Endurance – heart rate up (Target Rate)
 - Minimum 12-15 minutes, 3-4 days per wk
 - Low Impact – walking, swimming, biking

Pillar #1 – Proper Exercise

Components of Proper Exercise

- Flexibility– ROM stretching
 - All of your joints through a full ROM regularly



Pillar #1 – Proper Exercise

Components of Proper Exercise

- Strength – ROM with resistance



Pillar #1 – Proper Exercise

If you don't use it, you lose it!!!

Benefits of Proper Exercise

- Weight Control
- Improved Blood Pressure
- Cardiovascular Health
- Mood, Energy and Sleep
- Lower Effects of Stress
- Stroke and Diabetes
- Improved Learning and helps lift Depression

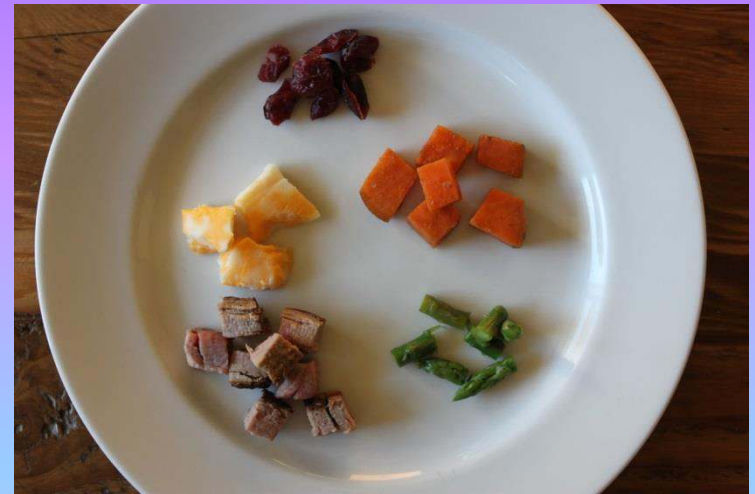
Pillar #2 – Proper Nutrition

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- Quantity and quality

Pillar #2 – Proper Nutrition

- Quantity
 - 2,500 – 3,000 calories per day



Pillar #2 – Proper Nutrition

- Quantity
 - 2,500 – 3,000 calories per day
 - Frequent smaller meals vs.
large
meal at end of the day

Pillar #2 – Proper Nutrition

- Fresh is best
 - Fresh fruits and vegetables
vs canned or processed

Pillar #2 – Proper Nutrition

- Lean Meats
 - Without heavy sauces or gravy

Pillar #2 – Proper Nutrition

- Whole Grains
 - Whole wheat, brown rice

Pillar #2 – Proper Nutrition

- Water
 - 6-8 glasses per day



Pillar #2 – Proper Nutrition

- Supplements
 - Need for additional
 - Whole food oriented
 - No fillers

Pillar #2 – Proper Nutrition

- Vegetarian?
 - Everyone is different
 - Do research
 - Experiment

Pillar #2 – Proper Nutrition

- Stay Away From
 - White flower
 - White sugar
 - Salt

Pillar #2 – Proper Nutrition

- Organic
 - Naturally grown
 - No Chemical fertilizers or pesticides
 - Processed without chemicals, solvents
or irradiation

Pillar #3 – Proper Rest



Pillar #3 – Proper Rest

- Amount of sleep
 - 8 hours \pm

Pillar #3 – Proper Rest

- Equipment



Pillar #3 – Proper Rest

- Walk with the Lord

Ex 33:14 “And he said, “My presence will go with you, and I will give you rest.”

Numerous Health Problems Related to Poor Rest

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- Learning problems
- Moodiness
- Lowered immunity
- Difficulty concentrating
- Memory issues
- Depression, diabetes
- Hypertension
- Heart disease

Pillar #4 – Proper Mental, Emotional and Spiritual well-being

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- Complicated – Physical and mental/spiritual aspects of health are linked

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- Complicated – Physical and mental/spiritual aspects of health are linked
- Mental and Spiritual Well-being are linked

Common Conditions

- Stress
- Headaches
- Depression/anxiety
- Accelerate aging
- Digestive Complaints
- Memory problems

Common Conditions

The typical American goes through more physical, chemical and emotional stress in thirty days, than their grandparents did in their entire lifetimes.



Johns Hopkins University

Positive Steps and Strategies

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Rom 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

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- Evaluate Stressors – most issues aren't significant. Learn to Prioritize.
- Talk through issues and concerns with a friend or family member
- Prayer and quiet time
- Speak with counselor or pastor
- Exercise and eat properly
- Evaluate other areas of health
- Make progress

Pillar #5 – Proper Structure

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- Improper Function will eventually cause pain and disease
- Key Area – Healthy Spine and Nervous System

Importance of Healthy Nervous System

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“An intact nervous system will lead to optimum function of the human body.”

Dorland’s Medical Text

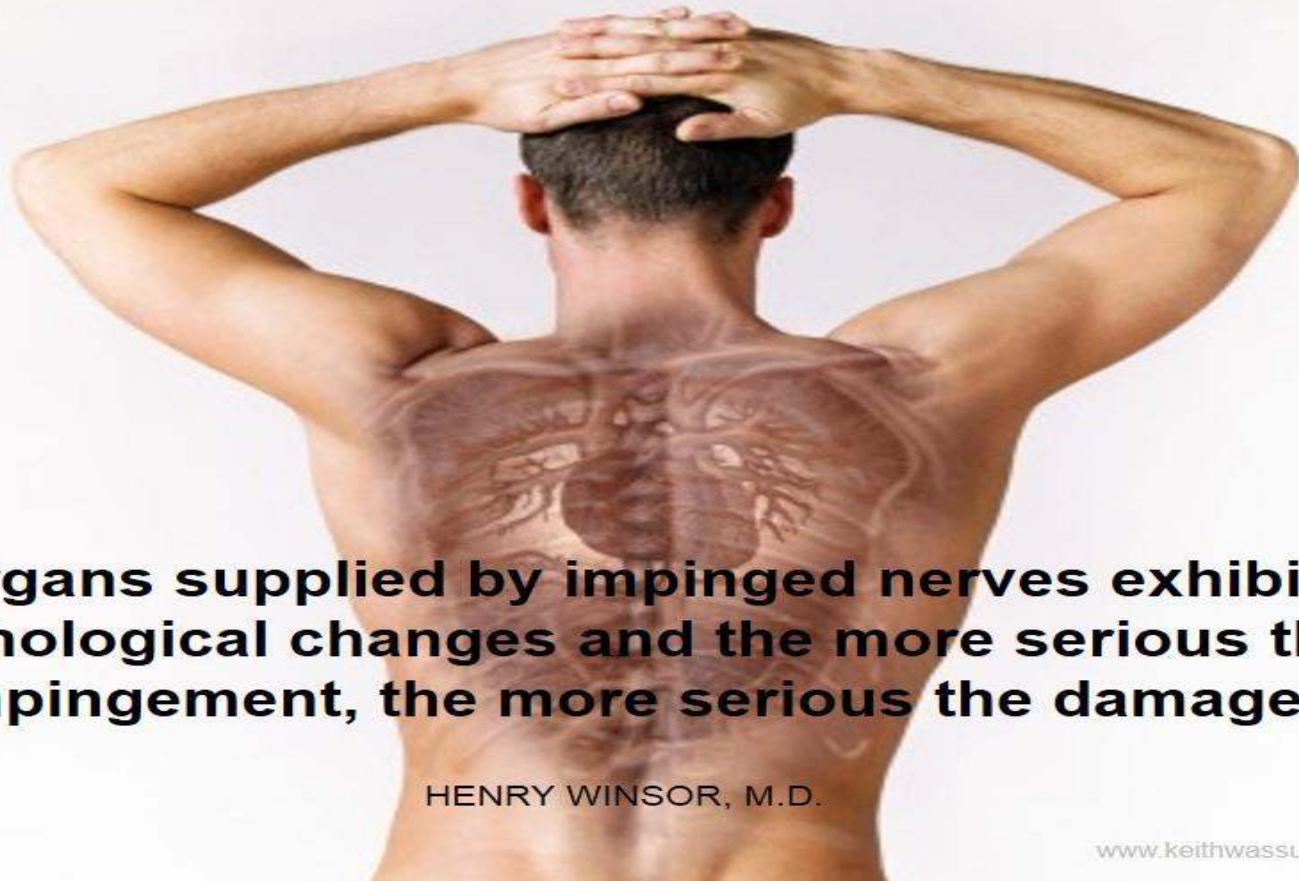
Importance of Healthy Nervous System



“All body systems would be immobilized without the nervous system. It controls and regulates every bodily activity down to the workings of the tiniest cell”

World Book Encyclopedia of Science

Importance of Healthy Nervous System



Organs supplied by impinged nerves exhibit pathological changes and the more serious the impingement, the more serious the damage.

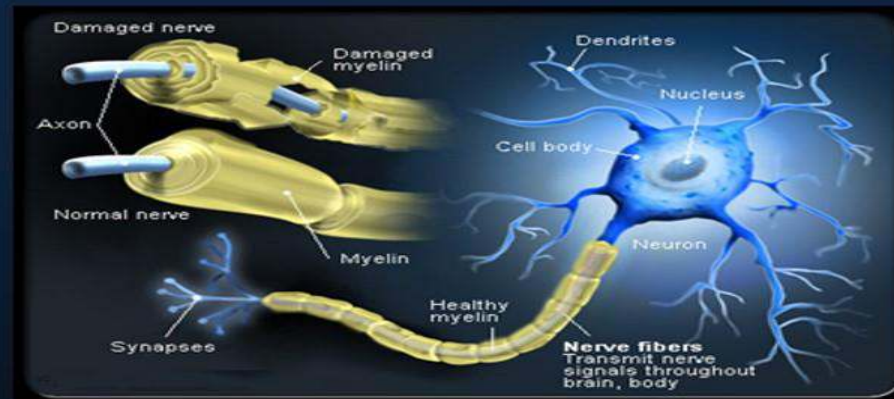
HENRY WINSOR, M.D.

www.keithwassung.com

Importance of Healthy Nervous System

- Receptors throughout the body send signals to

hap



“No one could survive without precise signaling in cells. The body functions properly only because the cells constantly communicate with each other.”

Scientific American

Importance of Healthy Nervous System

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- Receptors throughout the body send signals to the brain communicating what is happening
- Dysfunction in body – negative signal sent into nervous system
- Creates “static” in your nervous system – lowers it’s function
- Problems anywhere in the body – negative impact on overall health

Proper Structural Well-being

- #1 – Healthy Spine



HAVE YOU BEEN CHECKED?

By a Doctor of Chiropractic? If not, make an appointment today!

Proper Structural Well-being

- #1 – Healthy Spine
- Do you have other structural problems you're ignoring?

Proper Structural Well-being

- #1 – Healthy Spine
- Do you have other structural problems you're ignoring?
- Don't put-off or ignore known problems – They will only get worse and cause other problems

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1Cor3:17 “If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple.”

Pillar #6 – Eliminate Toxins

- Toxins work against optimal health
- Causes damage to tissue and systems of the body
- Toxins are found just about everywhere – air, food, water, medications, supplements, household products.....

Simple Steps to start eliminating toxins

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 - Decrease or eliminate medication – switch to natural products
 - Drink lots of water

Additional Steps

- Organic Foods
- Fasting
- Detox regimes
- Cleaning products
- Do your research

Summary

- **Start by making small changes TODAY in several of the 6 Pillars**
- **Try to make small changes 2-3 times per month**

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- **Proper Exercise – regular and consistent**

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Summary

- **Proper Exercise – regular and consistent**
- **Proper Nutrition – make small changes weekly**
- **Proper Rest – quantity and quality**
- **Proper Mental, Emotional & Spiritual – Must work on issues**
- **Proper Structure – Don't ignore, get checked**
- **Eliminate Toxin – evaluate and clean up**

1Cor 3:16 “For you were bought with a price. So glorify God in your body”

www.DrGlenSchaffer.com

- **The Vibrant Life report**
 - **Vibrant Life Health Self-Evaluation**
- **Health Videos**
- **Health Reports**

