

# Exercise Fact Sheet

## **Q. How is Healing Exercise different than other forms of exercise?**

A. While exercise such as jogging and resistance training do offer health benefits, they have some big downsides too. The overwhelming majority of exercise is “tension-based,” meaning the practitioner tenses the muscles in order to move. This puts more stress on the body (especially the back), which is likely stressed already from relationships, work, diet, and too much sitting. In the short term, most exercise offers a diminishing return because the more a person practices it, the worse their health and immune system become. In the long term, most exercise is unsustainable; most people quit jogging in their 40’s; and if they lift weights, the weight must be reduced year after year because the tendons get shorter and tighter, reducing overall mobility and increasing arthritis and pain. Put simply, if a person does nothing, or exercises in the typical sense, his or her body will age and break down over time.

On the other hand, Healing Exercise is gentle, sustainable and has no down side. Its postural practice elongates the spine and de-stresses the back and hips. Its highly-developed breathing practice soothes the mind and body, and turbo-charges the immune system. In contrast to “tension-based” exercise, Healing Exercise focuses on ever-deepening relaxation. The use of strength is forbidden, as it detrimentally removes the practitioner from relaxation. Turning of the waist drives all movement. This facilitates coordination of the whole body, opening and loosening of the hips and waist, and gives the internal organs a much-needed massage. Healing Exercise is sustainable throughout one’s entire life, which in fact will sustain mobility, health and immune response.

## **Q. But what about weight loss ?**

A. Weight loss is 90 percent diet.

"Exercise is less important than diet for losing weight," says Robert H. Eckel, M.D., chairman of the American Heart Association's Nutrition, Physical Activity and Metabolism Council and professor of medicine at the University of Colorado's Health Sciences Center in Denver. Eckel continues, “Once the weight is off, exercise becomes almost essential for keeping it off.”

Tai Chi and QiGong have been clinically proven to raise heart rate and metabolism nearly as much as tension-based exercise. XingYi and BaGua are more difficult and demanding than jogging, but they are also Healing Exercises whose effects have not yet been researched.