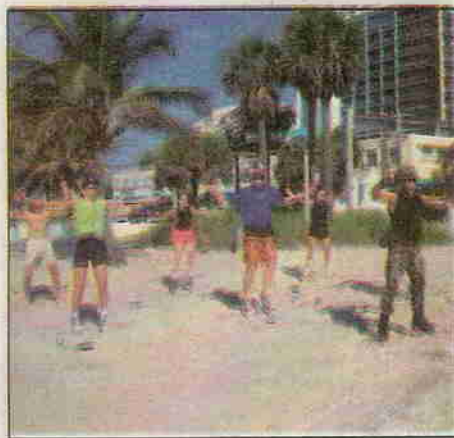
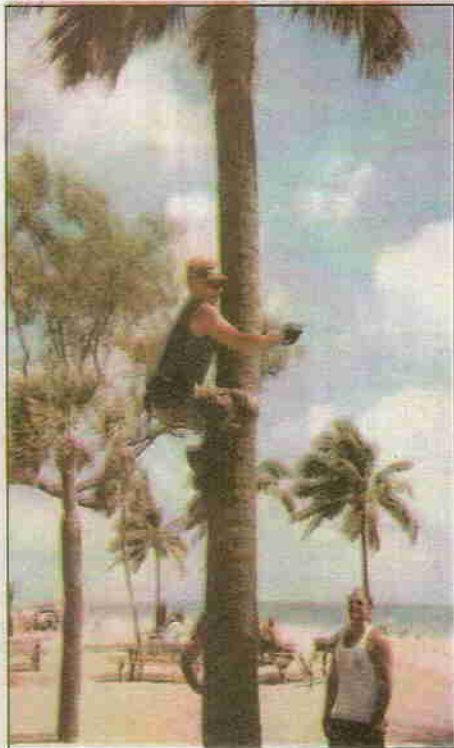


Las Vegas
TRIBUNE

D SECTION

HEALTH & FITNESS



What Can You Do To Improve Your Health?

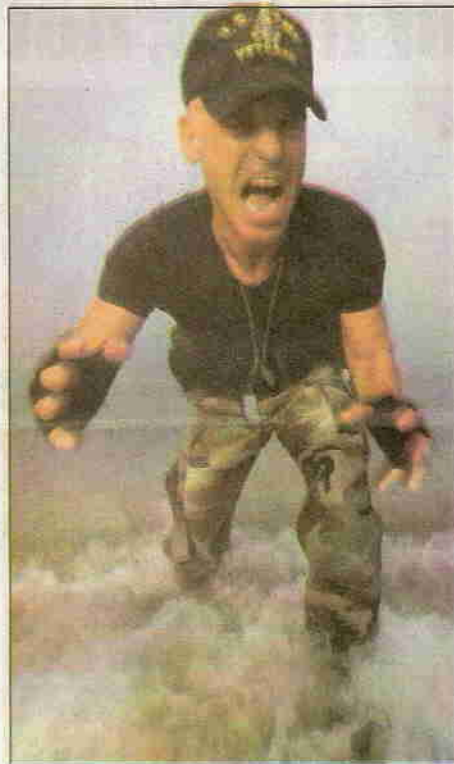
By Sandy Zimmerman
Tribune Media Group

Retired Lt. Colonel Bob Weinstein promises that he can make you biologically younger, stronger, and full of vitality regardless of your chronological age! That is quite a promise. No, Bob is not a drill instructor, but his Beach Boot Camp can get you back in shape. He is called the Health Colonel. After over 30 years serving in the Army, Bob was taking medicine for high blood pressure and cardiovascular insufficiency. He realized, "People need long-term strategic planning in order to be healthy. It is simply cause and effect. I looked around at my family, friends, work associates, and colleagues. They have certain health issues which are related to something they were doing or not doing. Did they exercise or spend too much T. V. time? You know the health issues facing these people, and you know their lifestyles. There is a correlation between the two. If a person is spending one additional hour in front of the T. V. instead of grooming their body, television could kill them. That time could have been used for exercise to improve their health.

Everything we are doing today is a snapshot of how we are living and all we have to do is

fast-forward 10 to 15 years from now. For those who are my age, it was pretty simple to see if 80%-90% of the causes of their health are attributed to their lifestyles. This means we can do something about it, there is still hope. A person in a wheelchair came to me and said, "Look at me, I cannot exercise. I am in a wheelchair". Bob continued, "Wrong response." I said to him, "What body parts can you move? The focus is on what you can do? So many people, who are not in wheelchairs, ask the same basic question, "What can I do?"

Lt. Colonel Bob Weinstein has a burning desire to help others lead a healthier happier life and reduce some of the preventable health related suffering—that is his mission. There are so many ways to improve a person's health, so many seminars, so many theories. "When people come to me, they will get an answer not influenced by the industry. They are walking around with the most portable gym equipment that anyone could ever have and that is their body." How does he inspire people and motivate them? First Bob tells them, "It makes no difference whether you have worked out before or not. The human body is created in such a wonderful way, as long as you take it one



Lt. Colonel Bob Weinstein

step at a time, you will make progress. From day one, the word "can't" is not used, it is not permitted. It does not make a difference how old or how young the person is, I have trained people in their 60's. If you listen to their and think nothing will change, that is the wrong mind set. You have to ask yourself the right questions. "What can I do reasonably do to improve my lifestyle?"

Most of our jobs are sedentary, sitting jobs at a desk. We should be looking for more and more ways to move the body, to develop a philosophy of movement. How can I naturally incorporate movement into my daily life? Is there something we can do at our desk? While speaking on the telephone, I am not sitting down, I am walking. When I am working on the computer there is a tendency not to get up. Sometimes we just need to tell ourselves get up and walk around for a few minutes — that can help our train of thought."

The Health Colonel has some exciting ideas about making exercise fun! We are so influenced by television images, being the mean drill instructor is not his approach. He uses very positive motivation and a lot of humor. How can you work out on the beach? Bob is enthusiastic about

his Beach Boot Camp. "We have a column of trees that stagger through the forest where my class gets agility training running in and out of the trees. I treat our environment like a playground. People can do the same thing in their own homes or outside. On the beach, I consciously incorporate activities that require teambuilding. During a Walking Lunge, 20 people walk in one single line and everyone moves forward when I say go. They must keep in one single straight line which requires them to look left and right and bring everyone in sync. I combine cardio with body exercises. Each person progresses at their own pace until they want to leave their comfort zone." He does not use any gym equipment except a portable resistance band that adds variety to exercising the upper body. They wrap the bands around the palm trees to do workouts. For his speed drill, Bob draws a line in the sand, then around 25 to 50 yards away he draws another line. Everybody stands on the first line, and when he says "go", they move at their own pace to the second line and back. Everyone keeps doing this and their heart rate goes up. Any drill can get the heart rate up. We associate getting outside as recre-

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Health

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ational, and the mindset is to treat that opportunity as a chance for recreation. I specially designed the class for all fitness levels. When we are jogging, we go a block or two in one direction, a block or two in the other, and stop to exercise along the way. If I do have a straggler who is not up to us, the person not feel as though he/she is falling behind.

How can we become more energetic during the business day? There are a couple of creative things that people can do in a business environment. We should not have to be sitting in a conference room for a meeting when we could have a "walking meeting". Walking and talking might even make people a little more relaxed, less defensive or afraid of saying what they think. If you have to discuss something with an employee, meet him in a hallway and walk together. I would also include team building exercises combined with meetings. People are exhausted at the end of the day. They have the feeling that the couch knows them by name. The first prob-

lem is to get away from that couch, get away from that remote. I call that the critical point at the end of the day. We are feeling sluggish and our blood circulation is down. You have to move around, whether it is taking a walk or exercising. Afterwards, low and behold you thought you were tired but now your circulation is back up again. When I do my evening classes I am so alert and feel so great. Before I went to the class I would feel sluggish. Taking a walk or a bath is a wonderful way to relax, to open up the creativity side of the mind. You are relieving the stress with stress management. We talk about muscle cramps, with our brain it could happen too.

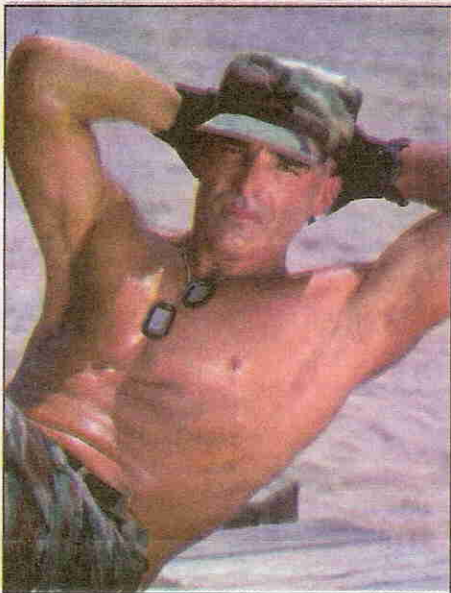
How do you eat for performance and energy? Bob recommends, "Only eat non-refined or minimally processed food. The processing removes the nutrients and refines them down to the point where you are not getting carbohydrates. We have got a problem. The real concern is the quantity of what they're eating. We need complex, unrefined carbohydrates. My breakfast con-

sists of oatmeal, raw nuts, ground flax seeds, and I throw in raisins for sweetness, and sliced fruit—predominantly bananas, blueberries, or blackberries. I buy frozen if I do not have the fresh fruit. I always have a supply of fruit which contains simple carbohydrates and it has anti-oxidants which are very healthy. I eat cold oatmeal with soy milk, sometimes I mix a refined cereal with the oatmeal to make it more interesting. I enhance the flavor but I still have the basics. All of these ingredients I mentioned are close to nature, not refined by man. Fruits are always good, but it is the quantity is the issue. Natural sugar is not an issue but it is a quantity issue. We must make sure that we are eating unprocessed food predominantly close to nature. I make a general test question for people to ask themselves. If you are predominantly eating processed food, then you are predominantly eating unhealthy. The more processed food you eat increases your calories because they are high calorie foods usually. Does Bob have suggestions about losing weight? Minimize your portion size if you are going out to eat. You must take control of the dinner table, of the waiter, and take charge of the menu. Put on your commanders hat. The feeling is usually, to let it all happen.

The Health Colonel uses military expressions like Boot Camp and describes heart disease and stroke as "the enemy soldiers" just like in the Army. If you want to win the battle for health and fitness, reinforcements have arrived! He emphasizes, "We do not want to belong to a certain club later in life if we can prevent it and most of the time we can. The club is called the "Wheelchairs, Walkers, and Canes Club", WWC club. Any way we can move the body is good. Anything that gets us up and moving is very positive. Stretching is an integral part of my training. When I work a certain body part, I do a quick stretch for it. This has two benefits, the stretch allowing for a brief recovery because the heart rate went up.

Interviewed on the History

Channel, FOX Network, and many publications, Bob explained how he uses natural body weight exercises which trains the body to move. Write for Bob's free monthly health and wellness newsletters and receive the Health Colonel's Workout Plan to Lose Weight and the US Army Physical Fitness Training Manual. The Health Colonel's Workout Plan to Lose Weight is based on seven proven keys to permanent weight loss and management. This plan will help you learn to align your words, thoughts, actions, food choices and enable you to lead that healthy, fit, quality lifestyle that you so desire. The Army Fitness Manual covers Cardio-respiratory Fitness, Muscular Endurance, Strength, Nutrition, Fitness Flexibility, Circuit Training, and Exercise Drills. The Health Colonel's Boot Camp classes are held three times a week. Bob trains with everybody and is not just watching, he is a training partner keeping himself healthy too. He also supervises teambuilding for companies that are interested in combining exercise with teambuilding. Bob trained to become a certified corporate trainer and certified personal trainer. Lt. Colonel Bob Weinstein's new video and audio Back to Basics- "How To Stay in Shape at Any Age" health tapes are being released in December. For information, call (305)-491-3573. E-mail: thehealthcolonel@beachbootcamp.com www.nomorecrybabies.com www.beachbootcamp.net



Interview on Comcast Newsmakers



Cover of the Weekend Newspaper

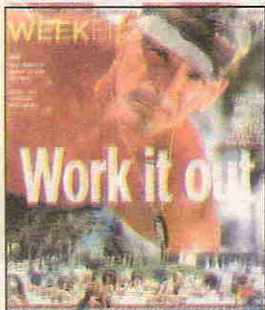
[WE CAN HELP YOU TO] STOP SMOKING NOW!

TOTAL HEALTH CARE LASER THERAPY





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Cover of the Weekend Newspaper

