

PROLOGUE

The world of health is obsessed with EXERCISE. You read it in the paper. You see it in every magazine about health. You read about it in books. EXERCISE is claimed to help nearly every physical, emotional, sexual or other problem we have. The advice tiresomely says, "Do your Exercise."

But key questions remain: What exercise? How much exercise? We hear again and again the advice to walk 30 minutes each or most days. This is a lot of our free time. Will this cure all those problems caused by lack of exercise? Eighty percent of men and women doing exercise claim that they do this for their health. A majority say that they walk. Yet today's research shows that millions are now wasting vast amounts of time pursuing trivial health benefits by incorrectly walking 30 minutes every day. Or even walking 60 minutes every day. In fact, most people that exercise have little idea about the health value of what they are doing.

I will show here how most can gain far more for their health from lesser times of exercise. Those that do not exercise have little idea of the damage this can be causing to their health and life.

Before the mid-1990's we were told to exercise to some percentage of maximum heart rate. This led to millions of people running, swimming and doing aerobics. Is that 'percentage of maximum heart rate' for exercise now passé? Is high-level exercise really necessary? How about that popular bodybuilding. Will this really make us healthier?

The experts now tell us to exercise, as a minimum, either 'moderately' five days a week for 30 minutes or 'vigorously' three days a week for 20 minutes. This is better than their previous hopelessly inadequate advice. But you deserve a more scientific program than this. You deserve not just a more solidly-based minimum program but options for much more healthful programs. You deserve to know how to develop real benefits from your exercise, effectively and efficiently, from the exercises you prefer to do.

Correct exercise is vastly more important to our health and future than has been realized. The key is cardiofitness. What is called 'exercise' reduces a risk of a heart attack of 1.5 to 2 times. Cardiofitness can reduce risk at least 5 to 10 times. What is called 'exercise' may reduce risk of some

cancers somewhat. Cardiofitness can identify a 3 to 4 times lower risks of breast, colon, prostate and nearly all other causes of cancer. Cardiofitness substantially reduces risk of diabetes, Alzheimer's, lung disease, macular degeneration and other major disease. I show that poor cardiofitness can be more harmful to our health than cholesterol, blood pressure, or even smoking cigarettes.

Cardiofitness (also called cardiorespiratory fitness, cardiovascular fitness and physical fitness) is not new. It was introduced to the public by Dr. Kenneth Cooper in 1968 in his best-selling book *Aerobics*. My previous book *The Pulse Point Plan*, (Random House 1982) provided a first scientific verification of its importance. Yet incredibly, recognition of cardiofitness has been dying for more than a dozen years. We have a new generation of supposed exercise experts that seem to know little about it. We now have 'official' recommendations that fail to even mention it.

This book shows for the first time, from more than twenty years of scientific analysis, how exercise benefits health. A new theory from this analysis deserves to be called revolutionary because it upsets so many wrong ideas about how exercise benefits us. This new Heart Theory of Exercise and Cardiofitness shows that 85% of the exercise benefits to our health develop from the cardiofitness it produces. Cardiofitness is a measurable physical condition of our heart and its accompanying cardiovascular muscle that can be improved only by aerobic exercise. Exercise that does not contribute to cardiofitness – and this is much of what many now do – can be of little benefit to health.

The new Heart Theory shows that cardiofitness does not develop from calorie amounts of physical activity, as has commonly been assumed. It develops from the same process that improves other muscles, as for example how those in our arms develop from weightlifting. This new theory explains the many previously puzzling research findings about how exercise benefits us.

The really good news is that we do not have to exercise at those high levels to become cardiofit. This book outlines moderate level exercise programs that most people can develop comfortably, which can add seven years of healthy days to life. More important, this can make nearly all those added years better. It is not how long we exercise that counts. I show from overwhelming research that we can get the same or even more benefit from properly walking just 18 minutes each day than from typical walking for an hour or even two hours each day.

Incredibly, we have had no useful way for knowing our all-important

cardiofitness level from exercise, or what it accomplishes for us. The new Cardiofitness Ratio, or CFR, described in this book solves this. The CFR correlates results of our exercise directly and with high significance to the risk of most major diseases. I show how you can measure your own CFR from simple treadmill tests. Many should be able to take these tests themselves. Our CFR depends in part on our genetics and in part on our exercise. A poor genetic factor of cardiofitness, which now can be identified, might be a previously unknown time bomb.

I suggest a simple but scientifically-designed new exercise program for nearly everyone called CARDIO 120. This program, requiring just one and a half to two hours a week of exercise, should develop for sedentary people an improvement in cardiofitness from nearly any kind or combination of moderate exercises. Continued faithfully over an extensive time, CARDIO 120 can develop a high level of cardiofitness from an exciting new concept called cardio feed back. CARDIO 120 did this for me.

A sophisticated method called Managed Cardio can help people manage their cardiofitness development from exercise, and show them how to develop nearly any level of desired and achievable cardiofitness. I also introduce a new and simple Cardiofitness Point system that shows how many Points you need to exercise to reach health goals.

This is not a book about bodybuilding or athletics. It gives a new message about how correct exercise can improve our health. It shows how we can waste enormous amounts of time doing exercise that will be of little benefit. It explains and extensively verifies how cardiofitness from moderate exercise can contribute more to our health and longevity than any other now known thing. I hope you will enjoy reading this book, and that it will help you enjoy a longer and better life.