

7 Tips to Get You On Your Way to Being Youthful and Fit...

At *ANY* Age!

By Trisch Richardson

1. Get Moving!

First and foremost—get your body moving! Walking is great exercise, but most of us don't activate our “core” while walking (I know I didn't!)

T-Tapp is a great workout because it opens up the mind-to-muscle connections and optimizes every move with leverage isometrics.

Here are three great moves for you to incorporate into your day—free to try!

Mitten Chop Box—a GREAT move for flattening the tummy (and it works the arms, too!)

<http://www.youtube.com/watch?v=yIFm1CuAHBY>

Butterflies—another great move for the arms and back fat—be sure to lift your ribs and keep arms behind your ears for maximum benefit! Oh, and this move burns off blood glucose, too!

<http://www.youtube.com/watch?v=d8h8BHgScNU&feature=related>

And the famous Hoedowns! This move has been proven to lower blood glucose by as much as 50 points! It's a great carb-buster move as well as a “mid-afternoon slump pick-me-up” move! It improves mental clarity and just all around makes you feel really good!

http://www.youtube.com/watch?v=lsURicKB_G8

If you already have the T-Tapp dvds, the “Terrific Three” that you can do on an “off day” are Primary Back Stretch (PBS), T-Tapp Twist (TTT)--[note, just do the stretch part if you have adrenal issues], and a Hoedown (HD). Those three moves can get you more flexible, youthful spine in less than 10 minutes!

2. Good Food!

NO dieting—really!

But it's important to fuel your body well. I have found Dr. Diana Schwarzbein's principles helpful in keeping blood sugar levels steady, keeping me satisfied (therefore less apt to binge on less-than-healthy choices), AND heal the metabolism, which leads to better health as well as healthier weight/inch loss.

Her motto is “you have to eat well to build well and feel well, and you don't lose weight to get healthy, you get healthy to lose weight!”

That may surprise you, but I've found it to be true. A damaged metabolism will actually lead to the degenerative diseases of aging--especially if you've dieted and deprived your body of certain nutrients just to see the number on the scales go down.

Basically you want to eat 3 meals and 2 snacks daily. Yes, you read right! But you are eating good food, not processed, sugar laden foods. This will send the message to your body that it is getting a regular supply of nutrients to build up the body, so it won't feel the dire need to store it...as fat!

You want a balance of protein, good carbohydrates, good fats (real butter, coconut oil, even lard from a trusted source) and non-starchy vegetables. If you can, at least think to balance things out—have some nuts or nut butter when you just have to have a piece of chocolate, or have a piece of cheese with a cracker. One of my favorite “treats” when I was trying to wean off of commercial candy bars was a spoonful of nut butter, a spoonful of coconut oil (I love Garden of Life and

Nutiva!) and one square of Endangered Species Dark Chocolate (72% dark). The chocolate satisfied that sweet craving, the coconut oil added fat to keep me feeling fuller longer, and the protein from the nut butter helped to keep my blood sugar stable vs. having a “sugar crash” twenty minutes later!

Want to learn more about The Schwarzbein Principle? Here is a link to her website. Note—you do not have to do her testing—you can figure out a lot from her books. Be sure to check out her videos, too, on the Info tab, then click on Questions and Answers. There are several videos and many frequently asked questions on the sidebar.

<http://www.schwarzbeinprinciple.com/pgs/home.html>

Remember—eat in balance and you'll heal your metabolism—which helps keep your body youthful from the inside out!

3. Glow!

Get your skin glowing and youthful with skin brushing! It only takes a few minutes a day to reap great benefits to your skin and body—inside and out!

There are many videos out to give instruction, but the basics are to stroke towards the heart. Teresa has a copyrighted method, and it is well worth getting the T-Tapp brushing dvd. It also has 4 other moves on it that help tone the lower body!

Make sure you are using a natural bristle brush and brush dry with light strokes. You're not scrubbing the floor!

Brushing exfoliates the skin, making it softer and smoother. It also detoxifies by stimulating the lymphatic flow and moving toxins out. Brushing brings the blood to the surface of the skin to help nourish and keep it healthy. Here's a short video by Teresa talking of the benefits of skin brushing:

<http://www.youtube.com/watch?v=Q7whFwpYkFE>

Brushing is vital to tighten the skin as you lose inches and keeps the skin healthy—and healthy, glowing skin keeps *you* youthful!

4. Grow Taller?!

Yes!

When I started T-Tapp I was 5' 3 ³/₄" tall. After a year I gained ³/₄" in height, making me now 5' 4 ¹/₂"!

How does that work?!

First, spinal decompression. Primary Back Stretch particularly helps stretch the spine and allows the vertebrae to decompress.

This YouTube towel exercise will really help, too!

<http://www.youtube.com/watch?v=JF9irC5QuBQ>

Second, improved posture. As your muscles get stronger, you are able to sit, walk and stand in a more graceful way—keeping your spine in better alignment.

More graceful posture = more youthful appearance, but even better, it is more healthful! Proper spinal alignment means more equal distribution of your weight on your joints, better alignment of those joints, and more room for your organs—which all work together to help your body function optimally!

5. Give to Yourself!

As women, we are notorious for taking care of everyone around us—but not ourselves! It's important to take the time to take care of yourself—or eventually your health and stamina may break down to where you can no longer care for yourself *or* anyone else!

Take 30 minutes for a walk or to pray or play with your children or read or garden...whatever you enjoy that revitalizes *you!*

It is *not* selfish to stop, regroup, to gain a fresh perspective on life.

It will energize you and keep that youthful spring in your step!

6. Go Outside!

Too often we spend our time indoors and never get outside to breathe fresh air or get out into the sun. We can go from our car through a parking garage, from there to an elevator into our office building, sit in that office all day, then do the reverse and go home to our garage and not once breathe fresh air!

Take a walk, ride a bike, watch a sunset--any of these would take care of #5 and #6 at the same time!

Even if it's raining or snowing outside, you can benefit from a little time in the fresh air!

7. Gather Positive Thoughts!

It has been said that the battle is fought and won (or lost) in the mind---and I believe that is certainly true!

Too often we defeat ourselves with a venture before we even start, just by thinking “I can't do that” or “I'm not smart enough to figure this problem out” or “I don't have time to do it”. These type thoughts do not free the brain up to think creatively and create solutions.

It's time to have a “brain-house-cleaning” and shake out the dust of doubts and the cobwebs of fears and old thought patterns!

Probably one of the biggest hindrances to our success in any area, but certainly in the area of getting fit and taking charge of your health, is negative thinking. It's not so much a fear of success as talking down to ourselves as if we don't deserve it. I know many of us have sometimes had people in our lives that reinforced that thinking. It's time to let them go, to quit letting them making you a prisoner of those things that are in the past, and step into your bright future.

It has helped me to actually write down the recurrent negative thoughts that plague me. Then I write down the TRUTH beside that negative thought. The next time that particular thought just won't go away, I read over the TRUTH statement beside it.

Here are some examples:

“I never can get it right.”

TRUTH: “No one learns something by doing it once. I can apply myself to learning this and not worry how it compares to someone else's learning curve. There are those who might catch on more quickly, and others who might even be slower than I am. This isn't a race!”

“That works for everyone else—nothing ever works for me.”

TRUTH: “The reason it worked for someone is because they stuck to it—consistently! It might take longer to work for me, but I can be consistent just like they were.”

“I’ve always been chunky and had saggy skin, even as a teen. Nothing will change that!”

TRUTH: “My body type may be different, but I can be tight and toned even as a bigger boned gal! And taking care of my skin will help it tighten and tone and glow—but I must be consistent even when I don’t see the results I want right away.”

Those are just a few examples! You may even be able to find inspirational quotes to help you with those negative thoughts that just seem to have taken up permanent residence in your heart and brain!

I can tell you that I have overcome this kind of negativity, and when you replace those negative thoughts, you gather positive thoughts to yourself that give you a boost to keep looking up and keep on doing the next right thing!

I would also consider making a list of things that can't be “measured”. Often our greatest blessings in life are things that can't be quantified!

Looking for good things to rejoice in; a joyful, happy heart; positive and good things ruling our thoughts—these all make it easier to smile, and a genuine smile always makes you look more *full* of life, so you can.....

be youthful!