

ALISHA MOORE

***Experience the  
energy of the***  
**JOY OF LIFE**



**HERE  
AND  
NOW!**

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# Stay fit, healthy & vital - Inspirations for a healthy lifestyle

## **Fitness: Getting fit into old age - 100 are made easy**

If you rest, you rust!

The older you get, the more your body and your head will benefit from exercise. Unfortunately, older people often do without sport, but it is precisely at this age that regular exercise is invaluable for the body and mind. As early as the age of 55, muscles begin to lose strength, endurance and mobility much faster than before when they are not exercised. Scientific studies have shown that people over the age of 60 usually do significantly less exercise than before. Well trained 60-year-olds can be at least as fit as moderately trained 40-year-olds. The good news: It's never too late to really get going with sports activities!

The body ages

With increasing age, many processes in the body no longer proceed as they did at a young age. Above all, regeneration processes that keep the body strong and mobile slow down. This has consequences on many levels:

**BONES:** The bone density in the body continuously decreases with age, the bones become more porous. Although this is a normal aging process, it can be considerably slowed down by regular loading of the

skeletal apparatus. Strong bones are essential for a stable and balanced body.

**MUSCLES:** With increasing age, muscle mass is reduced and the remaining muscles lose their elasticity and firmness. Muscle loss results in an overall unstable body which is more susceptible to falling and at the same time heals worse in case of injury.

**HEART-CIRCULATION SYSTEMS:** With increasing age, the performance of the heart decreases and the vascular system loses flexibility. The absorption of oxygen is also reduced. Sport strengthens your cardiovascular system, boosts metabolism and reduces the risk of heart attacks and strokes.

**COORDINATION:** The speed with which nerve stimuli are directed to the brain and then converted into muscle reactions slows down. The reaction capacity also deteriorates. This leads to an increasing restriction of motor activity, especially when people then fall into activity. Regular, light movements and even everyday activities (such as housework) train the motor skills.

**BRAIN:** Brain calcifications in the brain make it difficult for the messenger substances to exchange information, resulting in forgetfulness, poorly functioning short-term memory and even Alzheimer's and dementia. In fact, exercise and regular activity can stop this process by slowing down the aging process and stimulating brain activity. Scientific studies have shown that active sportsmen and women are significantly less likely to suffer from dementia and Alzheimer's disease. For this effect, just 30 minutes of light physical activity per week is sufficient.

**JOINTS:** From the age of 50, joint cartilage and intervertebral discs shrink, calcification puts additional stress on the joints and the flexibility of the joints decreases rapidly. This leads to a restriction of the mobility of the entire body. In principle, the following applies: the less weight is placed on the joints, i. e. the slimmer the

person, the less stress and wear on the knees, hips and other joints.

Let us guide you

If you feel overwhelmed by the thought of putting together a suitable training program, let us help and advise you. In the gym, not only are experienced fitness trainers at your side to advise you on the creation of a suitable program, but they will also accompany you during your workout and can help you to perform exercises and movements correctly.

Sporting activity: the power lies in peace and quiet!

The most important thing in advance: physical exercise in old age should always be adapted to your state of health. It is therefore advisable to clarify with your family doctor which sports programme is best suited to you before you start your sport. Too much overburdening of the body can have negative consequences as well as too much protection. Basically, you should always listen to your body during training: You are not fit and efficient every day and if you feel uncomfortable during the workout, then take it easy to slow down or stop the workout.

It's all in the mix

The older you get, the more you should focus on muscle maintenance and muscle build-up combined with a light endurance workout.

Maintaining muscle mass has highest priority because the muscles support and strengthen the whole body. Make sure that you really strengthen the whole body and not just individual parts. In strength training, it is advisable to focus on many repetitions with little weight so that you can achieve the best effect of muscle maintenance.

Endurance training is the ideal balance to muscle training and has above all the goal that the metabolism is



stimulated and the cardiovascular system is strengthened. In addition, the organs are supplied with more oxygen and can therefore work better. Endurance training also often results in weight loss, which in turn has a positive effect on your joints. Ideal here are sports such as walking, cycling and hiking.

In addition to strength and endurance training, you should also integrate a light coordination and flexibility workout into your sports plan. This strengthens and trains your motor skills and keeps the whole body mobile. This serves in particular to prevent falls and injuries.

Good for the psyche

Physical activity will not only slow down your body's aging process and increase the performance of your brain, but will also make a significant contribution to your general well-being. If you feel good and strong in your body, then the joy of life and the joy of other activities increases, the quality of life is improved and you will feel younger and more agile. Therefore: Don't rest and rust, but rather (re)discover the joy of movement! In every age!

## **Training: How to turn your power training into a HI (I)T**

Do you know this? You work hard and regularly tread on the treadmill or crosstrainer, but somehow you don't want to improve your fitness. And fat burning could also use a little turbo. Here I have the suitable training method ready, with which your training will literally become a HI (I)T: The high-intensity interval training, short "HIIT" (High Intensity Interval Training). This workout is one of the most popular



fitness trends - because it brings pure action and guarantees you to your limits!

The training method consists of high-intensity intervals in combination with slow regeneration phases. This interaction of stress and recovery phases ensures measurable body fat loss. HIIT is a short and performance-enhancing training system that can achieve even better results with its intensity than a long-term cardio workout.

### Fat Killer High Intensity

HIIT burns more body fat than moderate fitness training. They exercises take the body to its limits. This requires above-average amounts of oxygen, which stimulates the metabolism. In order to get back to normal after training, the body has to spend a lot of energy. This is known as the afterburning effect. What does that mean in concrete terms? Even hours after highly intensive interval training, the energy metabolism is still increased.

But not only the fat burning is strongly stimulated, but also the endurance is increased extremely. There are several studies that have investigated the success of High Intensity Interval Training - and all of them came to the conclusion that high-intensity interval training applied to jogging improves endurance three to four times faster than regular running training. High Intensity Interval Training is also supported by the action factor: explosive training is fun and provides endless power - a great combination for every sports enthusiast.

### Powertraining HIIT - How does it work?

Powertraining can be done practically everywhere: On the treadmill, on the crosstrainer, on the bike or on the training area. Because of the high strain, sports and fitness experts recommend training 15 to 30 minutes a week after the system no more than two to three times a week.

The simplest basic exercise is to switch between sprinting and walking. Exercises such as jumping jacks, crunches, squats, lunges or push-ups are also ideal. The important thing is: Go to your limits during the highly intensive stress phase and don't do anything halfway!

### The HIIT Training Plan

You always start with a ten-minute warm-up phase, which consists of a constant, even warm-up. Afterwards, the actual HIIT training begins, which is adapted to the physical stress limit on a weekly basis.

Here is an example of a HIIT training plan that should be customized:

#### #Week 1-2

30 seconds HIIT (Sprint)

60 seconds recovery (walking)

Total duration: 10 minutes (twice a week)

#### #Week 3-4

30 seconds HIIT (Sprint)

60 seconds recovery (walking)

Total duration: 15 minutes (twice a week)

#### #Week 5-12

30 seconds HIIT (Sprint)

60 seconds recovery (walking)

Total duration: 20 minutes (three times per week)

### Who is HIIT suitable for?

In addition to all the positive effects, highly intensive interval training also has its drawbacks: For example, if you are not fully motivated, you literally run out of air at the end of the intervals. So the motto is: "Entirely or not at all!" It is also important to give your body enough time to

regenerate - High Intensity Training is not a training method suitable for every day.

**Overall, it can be said:** That HIIT alone does not fill an athlete's heart, but it can spice up the daily training routine. If you want some more action for the routine cardio unit or just want to break down fat effectively, you will surely find your fulfilment in High Intensity Interval Training.

## **Health: Strong defence - Healthy through the cool season**

Autumn and winter with its wet and cold days is the time when colds have an easy time: Quickly one has caught a cold, coughs oneself or suffers from dullness and pain in the limbs. Get your immune system up to speed and arm yourself against bothersome pathogens. With a few simple measures it works.

The germs lurk everywhere. Bacteria and viruses are tireless in your attempt to penetrate the body. Whoever wants to be immune from the nose and coughing sensation therefore needs an intact immune defence. The good news is that everyone can do a lot for themselves. It starts with nutrition. If you eat vitamin-rich food, you already have a great chance of escaping the uninvited guests brilliantly. This primarily includes lots of fresh fruit and vegetables. Vitamins A, C, D and E deserve special attention. The fat-soluble vitamin A does something good for not only the eyes, but also the skin - and ensures for example to keep the mucous membranes in mouth and nose healthy. This is

the only way to achieve optimal defense. They are not only the first instance in the fight against germs, well moistened mucous membranes are also better able to remove pathogens.

With these tips, you can beat the cold into flight!

#### #1: Stay active in sport

Even if autumn is not so inviting, summer is back again: keep fit and exercise regularly. Intensive exercise pushes the immune system and makes you strong and resistant to over pathogens. You will find ideal conditions in bad weather in the gym.

#### #2: Sweating for health

It's not only more fun to use the sauna when the days are getting cooler again, it's only then that it really makes sense: sweating in the sauna ensures that your cardiovascular system is working at full speed, that pathogens are sweating and your immune system is strengthened. Regular sauna use is therefore a real cold stopper!

#### #3: Leverage the power of vitamins

Right now you should pay attention to a particularly vitamin-rich diet and put even more fruit and vegetables on your diet than usual. Vitamins strengthen the immune system from the inside out and your body becomes more resistant to infection from other sniffing noses. Pay attention to the high-fibre diet (e. g. wholemeal products) combined with lean protein sources (lean meat, dairy products, eggs, pulses) and healthy fats (nuts, avocado) - and you're ready to face the threat of colds.

#### #4: Drink enough and avoid feeling thirsty

Now it's time for a lot of drinking: at least 2 litres of water, heavily diluted juice spritzers or unsugared tea a day are mandatory, because this way you moisten the mucous