

Feed it, Move it, Breathe it

Cindy Kubica

(702 words)

We live in a sedentary world of fast food and shallow breathing. Sure we can survive, but not with the energy level in which our bodies are capable. And we're not going to find the energy we're looking for in an energy drink or at Starbucks.

Remember your biochemistry classes and the Krebs or citric acid cycle? Now before you tune me out; all I want you to remember is that *we are energy*. Every cell in our body creates energy called ATP (adenosine triphosphate); how much energy depends on you. If you want real 'living' energy; you've got to ***feed it, move it, breathe it!***

First, ***feed it!*** Your body requires fuel; that means feeding it quality food from living food sources (fruits and vegetables). For nutritional balance you'll need other carbs and protein plus a *little* fat; that means whole grains, dairy, fish, and grass feed meats.

Don't forget your B's. B vitamins play a critical role in your energy cycle. They trap rogue electrons (those pesky little free radicals that destroy your cells) and carry them into the energy cycle where they can be productive; more ATPs means more energy for you.

Next, ***move it!*** We are not meant to sit around as dust collectors; our bodies are designed to move. Unfortunately, many people's regular workout routine consists of moving their dominate arm and the fingers; i.e. combing their hair, brushing their teeth, eating; tapping the keyboard, operating the remote, and of course—texting.

Have you ever been behind an oldster who's hunched over and moving so slowly they make a Sloth look like Speedy Gonzales? Sitting, bending, or even picking up a glass takes great effort. Do you want this to be you?

Sure we slow down with age and there are diseases that can cause this, but much improvement can be made and certain conditions avoided all together if you just move your body. The time to start is now!

After my car wreck, the last thing I felt like doing was moving; to motivate myself I signed up for a 5k run. As I was runlking (run/walking), I saw this oldster in front of me and thought, "I can't let him beat me across the finish line." It was a challenge to keep up with him and we finished nose to nose. He (Jim) won a medal in his age group, 70-

74 (for my age group, 40-44, I got nothing – but I finished).

For a while Jim was my competition. I still see him at races and he always wins in his age group (now 80-84)...and I still *don't*. One day after a race I introduced myself to Jim; I shared how he inspired me to push harder. He said, “Good for you. I know if I stopped a runnin’, these old bones would never get movin’ again...and breathin’ hard will keep ya breathin’.” Jim’s right, exercise not only increases strength and flexibility, but also increases the amount of oxygen you take in which gives you more energy.

Which leads to my next point, you’ve got to ***breathe it!*** Breathing is more than oxygen in and CO₂ out. You’re supplying oxygen to every cell in your body—it’s called cellular respiration. That’s right, it’s not just about the lungs, cells need oxygen too. Want to improve your memory—breathe! Your brain uses 20% of that oxygen.

Here’s how it all fits together. During a process called Glycolysis, the body breaks down the *quality carbohydrates* you eat (and even protein and fat), into glucose. With one cell, a single molecule of glucose, along with oxygen, creates eight molecules of ATP energy. Multiply that by the number of cells in your body (100 trillion) and that’s a lot of authentic usable energy.

So remember, for real ‘living’ energy; you’ve got to ***feed it, move it, breathe it!***

Cindy Kubica is a stress to energy expert and whole health educator from Franklin, Tennessee. She presents to audiences across the country and internationally on how to move beyond stress management to energy management. Cindy is an author of six books and is co-owner of a commercial photography studio in the Nashville area.

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