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2004 Prediction ... The Next Fitness Trend

By Phil Campbell, M.S., M.A., FACHE

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Millions practice the same New Year's ritual of making the infamous resolution to exercise. And most realize that New Year's good intentions typically don't last more than a couple of weeks.

"2004 may be different," says Phil Campbell, M.S., M.A. 51, a Senior Games and masters track & field athlete who is frequently quoted in fitness magazines. "This year we have new research that shows us the most effective form of exercise for adults, especially middle-age adults," says Campbell, "and when people see results the probability goes up that they'll stick with their resolution to exercise."

What's the most effective form of exercise Campbell is talking about? It's not your grandmother's walk around the block. It's anaerobic exercise—a step-up from the steady-pace cardio you've been hearing about for years. It doesn't take as long, but it's more intense.

"Researchers show we can unleash exercise-induced growth hormone release with 10 to 30 seconds of higher intensities of exercise," says Campbell. "The most powerful body-fat-cutting, muscle-toning, anti-aging substance known in science, growth hormone, is produced by the body with this type of exercise," he explains.

Running, cycling, swimming, cross country skiing, and power walking can be made to be anaerobic if the intensity is raised to a level where it gets you "good-and-winded," says Campbell. He recommends eight repetitions of some type of sprinting exercise lasting 10 to 30 seconds with a 1½ minute rest in-between.

If your favorite form of exercise is capable of getting you winded quickly, Campbell says that this is "anaerobic" and capable of reaching the growth hormone release benchmarks cited in the research.

CURE FOR THE MIDDLE AGE SPREAD?

The middle–age spread has an official name, "the somatopause." And it's directly related to the way the body produces growth hormone, explains Campbell. The middle–age somatopause is signified by energy decline, weight–gain (around the middle, and hips), loss of muscle, and wrinkled skin after age 30.

Campbell says that exercising to release growth hormone is the natural way to beat the middle–age spread. However, he cautions that physician clearance is a must and a progressive build–up of high–intensity exercise is necessary to prevent injury. "Anaerobic exercise is the most beneficial form of exercise, but also the most dangerous."

Will the next fitness fad be the sprinting types of exercise Campbell describes? He says the trend is catching on fast, except "Ready Set Go Fitness Workout isn't a fad because once people try it, they feel it, and know this program is the real deal!"

Phil Campbell is the author of Ready Set Go Synergy Fitness for Time–Crunched Adults, 368–pages, 300 photo–illustrations, \$19.95, Pristine Publishers.

Links to Research cited – NATIONAL INSTITUTES OF HEALTH

"The exercise–induced secretion of GH plays a significant role in the regulation of fatty acid metabolism." ("Acute exposure to GH during exercise stimulates the turnover of free fatty acids in GH–deficient men," Kanaley JA, J. Applied Physiology 2003 Oct 31) NIH Link:

ds=14594860&dopt=Abstract

"Aging is often associated with a progressive decrease in the volume and, especially, the intensity of exercise. A growing body of evidence suggests that higher intensity exercise is effective in eliciting beneficial health, well–being and training outcomes. In a great many cases, the impact of some of the deleterious effects of aging could be reduced if exercise focused on promoting exercise produced growth hormone," ("The exercise–induced growth hormone response in athletes," Godfrey, Sports Med. 2003 ;33(8):599–613.2003) NIH link:

ds=12797841&dopt=Abstract

To interview Phil Campbell, call (731) 660–3333
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Phil Campbll is the author of Ready Set Go! Synergy Fitness –

JOHN KERRY WINS ELECTION, PREDICTS CHRISTIAN PROPHET

By Mark B. Replogle

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Pastor Juan Ortiz with Occludado Hermandad, of Mexico, made this prediction on October 14, 2004. Forget the poll numbers and debates, God has told him who the new president of the United States will be this November. This bold prediction has sparked much heated debate within the Christian Church about prophecy and whether God really speaks to any man or woman today. There are even some people saying that to question Pastor Ortiz' prediction amounts to racism and is judgmental.

No one disputes that a prophet can make a correct prediction of a future event. So when that future event comes to pass as predicted, is that prophet a true prophet? Everyone knows the answer is; not necessarily. This is because in Deuteronomy chapter 13, verses 1–5, the Bible tells us that the false prophet is the one who after making a correct prediction of a future event, then attempts to have other people worship a God other than the God of the Old Testament, who is the Father of Jesus Christ. Thus, the prediction is secondary to the call to worship God.

So a prophet can make a correct prediction of a future event, and then try to get other people to worship a god other than the god of the Bible. The Bible tells us the reason God allows this to happen is because he wants to see whether His people are really loyal to Him. If they went ahead with that false prophet to worship some other god, then those people would have broken the first two Commandments. Those state that God's people shall have no other gods beside Him, and they shall not worship any other god. Thus, there is no such thing as diversity of faith traditions. Period.

Assume by some aberration of nature John Kerry doesn't win the 2004 presidential election. Is Pastor Ortiz then a false prophet? Most Christians and non-Christians alike would say "Yes". Their support for this contention is found in Deuteronomy chapter 18, verses 14–22. That passage basically says that if what a prophet claims that God told him does not come to pass, then that prophet lied. God didn't say any such thing. Back in those days, that prophet would then have earned the right to be stoned to death. Showing that there really are different standards for weathermen and prophets.

BOTTOM LINE: Does God still talk to men and women today? I mean really talk to sane people, with an audible voice? If so what does the voice of God sound like? What about people in other faith traditions, doesn't God speak to them to? All great questions and I have the answers to them in my new book called **HOW TO HEAR AND DISCERN THE VOICE OF GOD**.

To get your free special report just email me at: sgtrepo@comcast.net

Or you can call toll free and order it at (877) 230–0100. This is a recorded message only.

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Mr. Replogle is an Attorney at Law in private practice in California. He served with the Marine Corps Office of the Staff Judge Advocate last year in Bahrain. He wrote the books Saviour Clinton: An Evil American King, and How To Hear and Discern The Voice of God.

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