



# Beautiful from the Inside Out

Reverend Julie Renee



## *Exercise and the Beautiful Program*

I started out my early years as an athlete, which gave me the training and discipline to achieve amazing feats in my career and in life. As a lanky teenager, I was a natural long distance runner and cross-country racer both on the snow and on the trails. I was all about endurance. I also enjoyed the snowy winter months with hours and hours of figure skating on the local pond. When the summer broke through after the long Minnesota winter, I hopped on my bike, ran the trails around the lakes, played softball, swam, canoed, and generally did whatever was in front of me to enjoy!

In my young adult life, I had a series of health setbacks that radically altered how I experienced life and how active I could be in my body. At one point in my late 30's, my daughter said to me, "You are old and it frightens me! What is happening to you, Mom?"

I survived multiple episodes of cancer and other extremely painful health conditions. Much of my adult life was filled with physical pain. Two and a half years of my adult life were spent in a hospital. I was told at one point that I would never walk again without severe pain, and would always need to rely on walking with canes.

Although my medical folks were always ready to see my lack, I had an almost Pollyanna attitude which drove my will to pull through impossible circumstances, even death itself!



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What I discovered through this grey period of my life was that if I moved and owned my body, I did much better than if I allowed myself to succumb to my health circumstances.

Before I discovered the techniques for regeneration and rejuvenation, I discovered the joy and brightening of my cellular body with the regular practice of yoga and outdoor trail hiking.



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## *Beautiful Program Suggested Exercise Routine*

### **Cardio / Aerobic**

- Dance, Salsa, Swing, Hustle, Ballet, Belly Dance
- Running (trail running best, followed by track and least preferred is tread mill)
- Hiking, trails, mountains, lakes, beaches



- Aerobics, going to a gym taking a class or DVD program
- Kick boxing and all martial arts

### **Muscle Training**

- Weight lifting
- Bands and balls
- Machines (least preferred)
- Calisthenics
- Push-ups, pull-ups, sit ups, squats



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## Stretch

- Yoga
- Hindu Temple Dance
- Stretch routine
- Feldenkrais
- Restorative yoga



When creating your new routine, make sure that you automate your exercise program, write it on your calendar, and show up every day for yourself. If this is a big stretch for you, please invest in yourself and hire a personal trainer to get you up and running.

The program works so well when you have your body producing the good chemicals that are generated with regular healthy habits.

The number one illness in America stress. It is now up to 90% of all related. Regular stress and illness and set the perfect regeneration!



cause of today is believed that illness is stress workouts melt from the body stage for