

# Holistic Exercise Program and the “Five Rites”

By Simon Yu, MD

If you want to look younger and feel relief from chronic pain and other physical ailments, consider these five simple daily exercises. You may see a remarkable transformation of physical appearance with an improved sense of wellness.

Physical exercise, next to proper diet and nutrition, is one of the most essential parts of an optimal wellness program. These “ingredients” are especially necessary to slow down the aging process. In addition, exercise is valuable and necessary for everyone but has been especially prescribed for weight loss, osteoporosis, and the management of diabetes and cardio-vascular disease.

Exercise can be classified into three major types: Aerobic exercise for endurance such as brisk walking or running, strength and muscle building exercise such as weight training, and stretching exercise for flexibility such as Yoga or Pilates.

Frequency and duration of activity are more important than intensity. Active normal daily activities such as gardening, walking up stairs, cleaning or yard work can be as beneficial as a formal exercise program. You don't have to do all your exercise at one time but the goal is to engage in moderate physical activities using the large muscles for at least 20-30 minutes per day.

Time management and self-motivation are two of the most common barriers to a consistent exercise program. The book “Ancient Secret of the Fountain of Youth” by Peter Kelder describes what he calls his “Five Rites” of basic exercise program. These are simple yet very effective yoga exercises. I highly recommend this program for anyone who wants elegantly simple exercises that revitalize the mind and body. These exercises will increase your endurance, strength, and flexibility so they cover all three classifications of exercise mentioned above.

The Five Rites of basic exercise became my favorite daily exercise program last year and replaced my daily military exercise program consisting of push ups, sit ups and running. I have noticed significant improvement in flexibility and overall energy level.

The Five Rites are a series of five Ancient Tibetan exercises. The Five Rites exercise program, which consists of spinning along with stretching of the entire spine and musculature of the body, includes wonderful isometric yoga exercises. It is designed to specifically balance and harmonize the body's powerful vortex energy fields called Chakras.

The Five Rites exercise program can be performed within 20-30 minutes. It can literally change your physical and mental fitness so you feel greater vitality and look more youthful. The exercises are good for everybody, old and young, athletes, individuals with cancer or heart problems, and those crippled with arthritic pain. The Five Rites program is easy and simple yet extremely powerful in increasing one's wellness.

For those individuals interested in a more intensive exercise program, I recommend Combat Conditioning by Matt Furey at [www.mattfurey.com](http://www.mattfurey.com).

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at [www.preventionandhealing.com](http://www.preventionandhealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also

attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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