

q + a

speaking from the heart

February 2007

With [Professor Brannon Beliso](#)

Professor Brannon Beliso is the owner of One Martial Arts in San Francisco. He is a 7th degree black belt and has been studying martial arts for forty years. He has certifications from the American College of Sports Medicine and the American Council on Exercise. Professor Beliso is a motivational speaker and teaches various workshops to promote optimal health and wellness. He is dedicated to helping people be their best. Find out more about Professor Beliso and read his blog at www.onemartialarts.com.

Q: How important is exercise for cardiovascular health?

BB: Very important. Your heart, like any other muscle must be exercised to maintain strength and optimal functionality. It is the key to overall health.

Q: What exercise would you recommend for a beginner who wants to improve their heart health?

BB: Walking is a great place to start. A low impact cardio kickboxing class is awesome for a more challenging cardiovascular workout. You can also consider a very basic Yoga or Pilate's class for core training and flexibility.

Q: What are the most common mistakes people make when planning exercise goals?

BB: They have unrealistic goals. This often leads to giving up exercise goals early in a program. People often start doing too much too soon. Remember, life is about progress not perfection. Do some exercise everyday and you will feel great.

Q: What strategy would you recommend for folks who seem to have little time for exercise?

BB: We all live very busy lives. Still we must make exercise a priority in our lives. Remember, "A little bit of something, is better than a whole lot of nothing". Exercise, even a little, every day. Take the stairs instead of the elevator. Park further away from the mall and walk. Do pushups and sit-ups during the commercial breaks of your favorite television program. I love to walk around my business when on a conference call. Commit to exercise and having goals.

Q: Can martial arts positively affect the body?

BB: Yes. Martial arts develop strength, flexibility, and cardiovascular strength. It offers the long term benefits of stress management and life balance through meditation. Martial arts focus on the discipline of the body and mind. It is anchored in the breath, providing optimal health, both physically and mentally.



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Q: What are the long-term benefits to regular exercise?

BB: With regular long-term exercise, you have an opportunity for optimal health in your later years. Exercise lowers the risk of heart disease; high cholesterol, high blood pressure, and depression just to name a few. You increase your chances of living a longer life and enjoying the benefits a healthy body can offer you from regular exercise.

Q: Does it matter what age you are when you begin an exercise regimen?

BB: I believe everyone can benefit from exercise at any age. It improves the quality of life. Make sure the exercise you choose is age specific. Consult your doctor before starting any form of exercise.

Q: How can someone who does not 'love' to exercise find a place for it in his or her heart?

BB: The challenge is not in your heart but in your mind. Know in your heart that you deserve the best. But in order to deserve the best, you have to be your best. That includes taking care of your body. It is about truly loving yourself. Take the time to listen to your breath and know that you are alive. Be grateful for your current health. Show that appreciation by exercising and eating right.

Q: Where does passion fit into an exercise regimen?

BB: Passion is a resulting joy of exercise. You will feel passionate and full of energy through exercise. You will be passionate for the confidence you feel from fitting into your favorite pair of jeans. You will be passionate for the discipline you live from regular exercise. That cannot be truly embraced unless you have optimal health to accompany it.

If you have any questions or comments, I would love to hear from you.

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