



# Live Longer with Improved Health

This article has been adapted by Eric Ferguson.



The World Health Organization defines health as “a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity.”<sup>1</sup> As such, health-related quality of life includes physical, psychological, social, and economic aspects along with absence of disease.

- In modern times, mental stress, chronic pain, and physical limitations are having a negative impact on health-related quality of life.<sup>2</sup>
- One proven means to improve health is exercise, which has the demonstrated ability to improve both physical and psychological quality of life.<sup>3</sup>
- Duggal et al. (2018) reported that people who consistently engage in exercise over their entire life tend to live longer with improved health.<sup>4</sup>
- While numerous options are available for exercise, individual limitations need to be considered to ensure ability, safety, and suitability for long-term adherence.

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<sup>1</sup> World Health Organization, *Constitution of the World Health Organization—Basic Documents*, Forty-fifth edition, (Geneva, Switzerland: World Health Organization, 2006), Oct, Supplement [Internet] [Cited: April 19, 2019]. Available from: [https://www.who.int/governance/eb/who\\_constitution\\_en.pdf](https://www.who.int/governance/eb/who_constitution_en.pdf).

<sup>2</sup> G.L. Klerman, “Depression in the medically ill,” *Psychiatry Clin North Am.* 1981;4:301–317, [PubMed] [Google Scholar].

<sup>3</sup> F. Küçük, A. Livanelioglu, “Impact of the clinical Pilates exercises and verbal education on exercise beliefs and psychosocial factors in healthy women,” *J Phys Ther Sci.* 2015;27:3437–3443. [PMC free article] [PubMed] [Google Scholar].

<sup>4</sup> N.A. Duggal, R.D. Pollock, N.R. Lazarus, S. Harridge, J.M. Lord, “Major features of immunosenescence, including reduced thymic output, are ameliorated by high levels of physical activity in adulthood,” *Aging Cell*, 2018;17:e12750, [PMC free article] [PubMed] [Google Scholar].



**The Continuum Method employs various exercise methods including personal training, Muscle Activation Techniques (MAT), plus Pilates.**



### **PILATES AT THE CONTINUUM METHOD**

Banks Cooney has recently joined the TCM team as a Pilates instructor.

Banks has a Bachelors degree in Dance from the University of Arizona and a Bachelors degree in Kinesiology from St. Edwards University. She has worked as a Pilates, Barre, yoga, and ballet instructor.

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