



Redefining Midlife: Embracing Health and

Redefining Midlife: Embracing Health and Fitness for a Richer Tomorrow

VOLUME 1 ISSUE 2

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SPECIAL POINTS OF INTEREST:

- The importance of strength training
- 6 Crucial Movement Patterns
- Sauna –the benefits
- UPS and Parisi Service is the brand

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ACSM and CDC Recommendations



150 minutes of moderate-intensity aerobic activity every week

2X per week

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



All the leading health organizations are pretty much in agreement that 150 minutes of aerobic activity and 2 strength training per week to maintain a health lifestyle. I can debate the amount of time and the number of sessions as I like to work from the highest common denominator as opposed to the lowest. If able to commit to these time domains what should these session consist of.

6 Movement Patterns

No matter your age or your skill level as a human we basically move in 6 movement patterns, I added the 7th - sprinting / running as an important skill and should be part of every weekly training regime. When fortified through strength training these patterns can ensure that your body can perform at its maximal potential. I'll give a brief description of each movement along with exercises and suggestions for programing these movements to improve and strengthen these patterns. You'll be able to work multiple movement patterns during the same session.

1. Push (horizontal / vertical)

The Push pattern will involve the chest, shoulders, and triceps by moving resistance away from the body. A great way to develop muscle and strength in the upper body these exercises can be done lying, standing, or seated. I traditionally work the movements twice a week and at times I'll super set high intensity low volume sprinting with them. The days of the week vary but I look to get 72 hours in between push workouts.

2. Pull (horizontal / vertical)

like the push the pulling movement can be done in two variations. This movement has the resistance coming towards the body as opposed to away. The major muscles that are targeted upper / mid back and biceps. I'll hit my upper back at least twice a week. If I add a third day, it would traditional be ERG Rowing with variations of pull-ups and carries. I usually do pull with my hinge pattern.

3. Hinge

Learning to and enhancing your hinge pattern effects so many facets of life. Practicing and perfecting the movement can save you a lower back issue. Unfortunately, too many people crane to lift things from the ground. Think hips back when lifting and lowering to the floor. As Bill Parisi is apt to say “crack the walnut” referring to the proper technique when learning and coaching the movement skill. If you can imagine a walnut in its shell in between your hip crease and you want to crack it. The hinge movement will work the lower back and hamstrings. The best exercise is the deadlift and its many variations. This include RDL , straight leg , trap bar and single leg. I also incorporate a good morning with the use of a safety squat bar. I deadlift once a week and I’ll incorporate dumbbell rdl’s with a walk the other day.

4. Squat

When does a day go by when we don’t squat? But are we doing it correctly. Shin angle, knees in line with feet, hips back, good torso position. It takes practice and continual reinforcement. I will do a squat movement twice a week. A single leg variation and a back squat at minimum. Some other squat exercises are goblet squat, split squat, bodyweight squats and front squats. The squat pattern will work the quadriceps, glutes and hamstrings.

5. Lunge

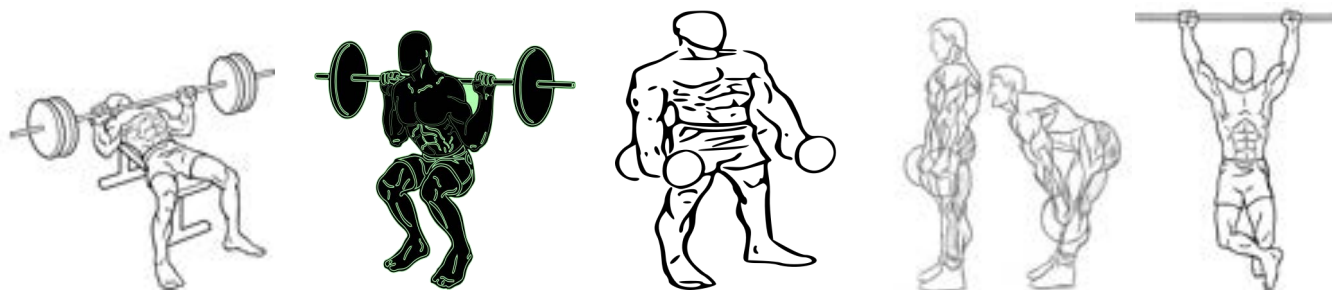
A great way to uncover asymmetrical weakness. Also, a great way to develop unilateral movement which can at times be overlooked in a week of training. I especially enjoy the walking variety of lunge focusing on back knee touching the ground and maintaining balance. Also, it’s a way to reinforce the gait pattern. I’ll usually do walking lunges once a week and reverse lunges the same. The lunge will prominently work the quads, hamstrings and glutes.

6. Carry

My favorite movement pattern to work. I incorporate different variations of walks /carry ; kettlebell walks, single arm, double arm , rack position to name a few. I also add in specialty equipment such farmer’s carry handles and the Escape Wheel Barrow. My goal isn’t speed of movement but maintaining perfect posture as I walk down the track. I like challenging my grip on the heavier carries so my forearms and upper back will be challenged. But the core stabilizers are always being worked when the carry is done with preciseness. I’ll carry once a week and added in heavy holds when I deadlift.

7. Sprinting / Running

My favorite movement pattern to train. Very overlooked in training. The overall health benefits are tremendous from cardiovascular to strength. I like doing 2 to 3 sessions per week – one sprinting – durations of less than 30 second, one workout more tempo based 4 minutes at a prescribed miles per hour. A third session might include both. I very rarely just do this on its own. I will incorporate both a pulling or pushing.





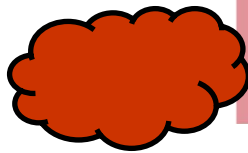
Why To Sauna

I enjoy a sauna so much I purchased one for my house. I find it an ideal way to unwind and relax . Here are some of the physiological benefits and protocols to follow. If you have any underlying health conditions always check with your doctor to see if a sauna is recommended for you.

I would recommend **20 minutes sessions** Always make sure you are **hydrated** and bring water to drink with you. If ill don't sauna.

Here are 5 benefits from using a sauna.

- 1—**Helps with stress reduction.** A great way to relax.
- 2— **Reduces pain** as your body temperature raises circulation will improve through your body.
- 3— **Improves heart function** study have found people who frequent saunas reduce likely hood of a cardiac episode or stroke.
- 4—**Reduces inflammation** some studies suggest regular use of a sauna enhances immune processes.
- 5— **Great for your skin** opens pores and the toxins flow.



BLOG

RICH SADIV BLOG



Resiliency—Choice or Circumstance which is dare I say easier.....

[Building Resilience > Rich Sadiv](#)

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Feature Article

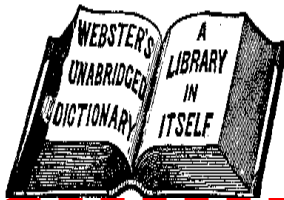
No matter the size of the brand today the company's roots are humble and incredible small. It's an idea that someone is willing to risk everything for a vision they can only original see.



A presentation that took 40 years to develop.

[Lessons in Ascension: UPS and Parisi Speed School | Halston Media, NY News TAPinto](#)

Terms to know and live by..... Each month I introduce a new word or term that's crucial to enhancing your life.



BMR—Basal Metabolic Rate—the minimal amount of calories you burn to live. Energy out. If your looking to control your bodyweight the most important factor.

The state or relation of being closely associated with a particular person, group, party, company, team etc..... **AFFILIATION.**



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Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are , you need one.