

BaronE Health Reviews



Best physical exercises for good health

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Best physical exercises for good health

Original article

<https://www.medicalnewstoday.com/articles/best-exercises>

What are the best exercises for overall health and fitness?

The powerful combination of cardiovascular exercise and strength training can help a person build muscle strength and improve their heart, lung, and circulatory health.

Exercises that target multiple muscle groups are particularly effective. These include various exercises that require little to no equipment and can suit a range of fitness levels.

Here, we look at 13 of the best exercises for overall health and fitness. We explain what areas of the body each exercise primarily works and provide step-by-step instructions.

Doing the exercises

People can do the following exercises individually or as part of a circuit. Some require basic fitness equipment, such as dumbbells or an exercise ball, but people can do many of them with no equipment.

The American Council on Exercise recommend that people continue doing repetitions until they reach muscle fatigue or can no longer maintain proper form.

However, they note that endurance athletes, such as runners and cyclists, should stick to about 20–30 repetitions rather than working to the point of muscle fatigue.

The American College of Sports Medicine (ACSM) recommend doing 8–12 repetitions of 8–10 strength training exercises on at least 2 days of the week.

The ACSM also recommend at least 30 minutes of moderate intensity physical activity a day, 5 days per week. Alternatively, they say that people can perform 20-minute sessions of vigorous physical activity on 3 days of the week.

Before we start, we'd like to make it clear that for this particular article, we recommend you go to the original article's web page so that you can see the animations in the article's margin, as we also comment on them in this analysis.

Here, we're talking about the best physical exercises for health and fitness. This is based on the premise that the main objective is health, not performance.

This article lists thirteen exercises, yet two of them are not exercises but sports (running and swimming). This distinction is vital because, in terms of health, sports and movement disciplines are always superior to physical exercise.

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So, if you have the opportunity, we advise you to combine different movement disciplines and sports in your regular exercise routine. Here's a very healthy and complete example:

- Yoga
- Squash
- Swimming
- Climbing
- Soccer

Of course, most of us can't afford this kind of diversity, because for some of us, even one sport on a regular basis is too complicated to fit into a busy daily routine.

This is where physical exercise comes in. Easy to do and far less time-consuming, they nevertheless have their drawbacks, which we'll develop further below.

Among physical exercises, those requiring little or no equipment fall into a broad category commonly referred to as "bodyweight exercises".

They are superior to physical exercises requiring external weights (dumbbells, barbells with weights, kettlebells, weight machines).

Pushups

Pushups work multiple muscle groups, strengthening the arms, chest, and shoulders.

How to do them:

- *Start in a plank position with the arms straight and the body lifted in a straight line horizontal to the floor. Keep the feet together and the toes flexed to support the body.*
- *The palms should be flat on the floor shoulder-width apart, with the fingers facing straight ahead or slightly inward.*
- *Keeping the head in line with the spine, slowly bend the elbows outward and lower the body down to the floor.*
- *Try to keep the hips and lower back in line.*
- *Lower as far as possible, aiming to touch the chest or chin to the floor.*
- *Use the arm muscles to press the body back up into the starting position.*
- *Keep the abdominal muscles engaged throughout to help support the back.*

Push-ups, a timeless classic, are a benchmark among bodyweight exercises. Correctly performed, they also strengthen the trunk, back and even the legs.

However, correctly performed and controlled push-ups are often too difficult for the average person. That's why so many people do push-ups in the wrong way, whether in the gym or elsewhere.

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To make push-ups easier to perform, it's commonly advisable to do kneeling push-ups on the floor. Although this is a possibility, we recommend a better variant, inclined push-ups, as they keep the same overall muscle activation.

Note here that among the instructions for performing good push-ups, there's no mention whatsoever of the most important point: how to correctly bend the arms.

Worse still, the mini video clip alongside the text suggests a "wrong" way of doing push-ups.

What's more, it's recommended to bend the elbows outwards when lowering the body, when in fact it's preferable to keep them in line, or even to bend them inwards, keeping them as close to the body as possible. Conversely, the same applies to the positioning of the hands: it's better to keep the fingers forward, or even outwards.

As for how to correctly bend the arms, remember the following principle.

When pumping, the elbows must remain vertically aligned with the hands. Under no circumstances should the elbows move backwards.

This seemingly trivial criterion actually makes all the difference. If you already do push-ups regularly, we invite you to check whether your elbows remain aligned or whether they move back as you lower your body.

In the latter case, this means that you haven't been doing real push-ups until now.

Bodyweight squats

Bodyweight squats can increase lower body and core strength as they work the abs, buttocks, hips, thighs, calves, and shins.

How to do them:

- Stand with the feet slightly wider than hip-width apart, angling the toes slightly outward.*
- Keep the hands down by the sides, with the palms facing in and keep the shoulders back.*
- Engage the abdominal muscles to support the back.*
- Shift the hips back and bend the knees as though taking a seat, keeping a flat back.*
- Keep lowering down to the ground until the thighs are parallel with the floor.*
- Push through the feet to straighten back up into the starting position.*
- Inhale into the squat, then exhale when standing back up.*

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Squats are also a benchmark among bodyweight exercises. Very complementary to push-ups, which mainly develop the arms and upper body, squats mainly develop the legs and lower body.

In an ultra-minimalist vision of physical training, push-ups and squats could cover most of our needs.

But squats and push-ups have to be practised correctly, which is unfortunately not often the case, especially when it comes to squats.

For whatever reason, squats are still often taught catastrophically erroneously.

This article is no exception, advocating half-squats (thighs parallel to the ground) and encouraging you to move your hips back and bend your knees as if you were sitting down... But what an aberration!

Practised in this way, the essentials are lost, namely full activation of the quadriceps and engagement of the leg, hip and abdominal muscles.

In addition, let's note the incompatible instructions given here. Indeed, if you "Engage the abdominal muscles to support the back" and you "Move the hips backwards", you will naturally relax your abdominals. This is quite normal, since when you contract your abdominal muscles, you naturally move your hips forward and upward.

That's why the correct way to practice squats, or at least the way to benefit from their recognized advantages, is as follows:

Position to be maintained at all times:

- Feet hip-width apart, toes forward
- Knees facing outwards
- Abdominals engaged

Movement:

Descend as vertically as possible until the thighs touch the calves, then ascend in the same manner.

In simple terms, the squat can be summarized as a piston movement.

Lunges

Lunges work the thighs, buttocks, hips, and abdominal muscles.

How to do them:

- *Stand upright with the feet together.*
- *Step one leg forward into a long stride, bending the knee and placing the foot flat on the floor.*
- *Bend the knee of the supporting leg toward the floor.*
- *Use the muscles of the forward leg to push back to standing.*
- *Repeat with the opposite leg.*

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Lunges are specifically designed to strengthen the lower body and legs. They are one of the dynamic exercises that work on coordination and balance, very useful for various racket sports such as tennis, squash, badminton and so on.

The instructions given in this article are brief but to the point, although there are many different ways of practicing lunges.

Indeed, it is possible, for example, to practice them forwards, i.e. instead of moving one leg forward and backward after the other, you can move forward with each step. This activates the quadriceps even more.

Running

Running is a form of aerobic exercise, and it can help improve cardiovascular fitness and bone strength. Jogging is a less intense form of running and may be best for beginners.

People can often improve their running endurance through interval running, which involves running for a certain distance or time and then switching to walking before running again. Alternatively, people can switch between running and sprinting.

Sprint interval training may help decrease body fat, increase aerobic capacity, and increase peak running speed.

As we mentioned at the beginning of this article, running and swimming are not physical exercise but sports!

As such, in terms of health, movement sports and disciplines are always superior to physical exercise.

However, among movement sports and disciplines, running is by far not our first recommendation.

This is because running involves many constraints and problems.

In this list of running's negative points, we can mention the two most important:

- Joint constraints

- Technical constraints

Joint stress is directly linked to the running surface and to running itself. When we run, our body weight is multiplied by three.

In concrete terms, this means that every time we touch the ground, we have to absorb an impact of 3 times our body weight. These repetitive shocks can be damaging to our bodies.

All the more so if we're running on an unnatural surface like concrete. In this case, the repetitive shocks will undoubtedly be damaging to our bodies.

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This brings us to the second point: technical constraints. Indeed, to limit the damage caused by these shocks due to an unsuitable running surface, running shoes have been modernized and are now highly sophisticated.

The problem is that these highly technical shoes force us to modify our running technique, making our running compatible with our shoes but artificial and unnatural.

Yet it's natural running that brings us all the benefits we can expect from running, namely:

- Improved cardiovascular capacity
- Improved respiratory capacity
- Proprioception and balance
- Coordination
- Strengthening of foot, ankle, knee and hip joints and ligaments
- Strengthening of the deep muscles of the lower limb
- Use of gravity to generate movement

In this context, it's not impossible to practice natural running, but this requires :

- a change of running surface (running on a natural surface only, such as grass, earth, stone, sand, etc.)
- a change of equipment (minimalist running shoes)
- a change in running technique (minimalist running mandatory)

If you're interested in this, we recommend reading "Born to Run" by Christopher McDougall or "The Running Revolution: How to Run Faster, Farther, and Injury-Free--for Life" by Dr Nicholas Romanov.

Both books promote minimalist running and give you access to lots of useful resources to get you started.

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Side planks

Side planks help build core strength, which can help reduce lower back pain. Side planks work the buttocks, hips, and abdominal muscles.

How to do them:

- Lie on the right side with the legs outstretched directly on top of each other and the elbow under the shoulder on the right arm.*
- Engage the abdominals and lift the knees and hips off the floor, keeping the head and body aligned.*
- Hold the position for 15–20 seconds, focusing on not letting the hips, head, or shoulders drop.*
- Slowly return to the floor, switch to the left side, and repeat.*

Planks

Planks strengthen the back and abdominal muscles and help build core strength.

How to do them:

- Start with the elbows and lower arms on the floor, keeping the elbows in line with the shoulders.*
- Lift the body so that it forms a straight line horizontal to the floor.*
- Keep the feet together and the toes flexed to support the body.*
- Hold for 20–30 seconds.*
- Slowly lower to the floor and rest for 1 minute, then repeat 3–5 times.*

Once people feel strong performing this exercise, they can try a high plank. This move uses the same body positioning, but the person keeps their arms straight with their palms flat on the floor, directly underneath the shoulders.

Planking is one of the most common form of bodyweight training. Like all sheathing exercises, the aim is to hold a fixed position for a certain length of time. In professional muscle-building terminology, this is called an isometric effort (an isometric contraction).

As with push-ups and squats, we regret the lack of information and instructions on how to perform this exercise correctly.

Whether for the side plank or the regular straight plank, the most important thing not mentioned in this article is the activation of the abdominal muscles through the correct placement of the pelvis.

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To achieve this, it's important to remember that the pelvis can have two main movements: forwards or backwards (anteversion-retroversion).

In the case of anteversion of the pelvis, the belly moves forward and the buttocks come out.

In the case of pelvic retroversion, the belly moves back and the buttocks move in.

What's important in all this is that retroversion of the pelvis is vital in any exercise designed to strengthen the abdominal muscles, because it's with retroversion of the pelvis that the abdominal muscles are activated.

To return to our plank example, if you do the plank without retroverting your pelvis, you'll be taking the strain off your abdominals and putting a lot of the effort on your lumbar vertebrae, which is the last thing you want.

Knee tucks

Knee tucks work the abdominals, calves, and shins. People will need an exercise ball, sometimes called a stability ball, for this exercise.

How to do them:

- Lie on the stomach on top of the stability ball with the hands and feet on the floor.*
- Walk forward on the hands until the knees are resting on the ball and the feet have lifted off the floor. The hands should be directly underneath the shoulders.*
- Roll the knees forward to curl them into the chest.*
- Slowly push the knees back to return to the starting position.*

This exercise is very popular with gymnasts and acrobats. It's a great exercise that recruits many more muscle groups than just the abdominal, calf and shin muscles.

There are many different ways to perform knee tucks, including lying on the floor, a simpler and more accessible variant.

The variant proposed here is of a fairly high level, and we advise against it for beginners.

Correctly performed, it's an excellent preparatory exercise for the handstand.

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Glute bridge

The glute bridge is good for the muscles in the back of the body, known as the posterior chain.

How to do it:

- Lie on the back with the knees bent and the feet flat on the floor.*
- Contract the buttocks and abdominals to lift the hips off the floor, bringing them in line with the shoulders and knees. Avoid arching the lower back.*
- Slowly lower back to the starting position.*

The glute bridge is by no means one of the best exercises for activating the posterior chain, but it does have the advantage of being compatible with all levels.

For the most part, this exercise will activate the glutes and quadriceps.

Note that, depending on the position of your feet in relation to your buttocks, you'll activate your hamstrings to a greater or lesser extent (the further your feet are from your buttocks, the more you'll activate your hamstrings). As a rule, this isn't a very good idea, as most people don't need to build up their hamstrings - quite the opposite, in fact. It can lead to sudden and very painful cramps.

To develop your posterior chain, you need to perform several exercises, but we recommend adding inclined pull-ups to the glute bridge, which work the upper posterior chain (your back).

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Standing overhead dumbbell presses

This exercise helps strengthen the shoulder muscles. People will require two dumbbells.

How to do them:

- Stand with the feet hip-width apart.*
- Hold a dumbbell in each hand with the inside of the wrists facing forward, then bend the arms to bring the weights to shoulder height.*
- Engage the abdominal muscles and exhale while extending the arms straight up to lift the dumbbells in a straight line above the shoulders.*
- Inhale to bend the elbows and slowly lower the dumbbells back down to shoulder height.*
- Try to avoid arching the lower back.*

Dumbbell rows

Dumbbell rows can strengthen the back and increase muscle growth. An increase in muscle strength also causes the body to burn more calories [Trusted Source](#) when resting. People will need two dumbbells for this exercise.

How to do them:

- Stand with the knees slightly bent and tilt forward from the hips, keeping the back straight.*
- Hold the dumbbells out in front with the arms straight and the inside of the wrists facing each other.*
- Pull one hand toward the rib cage, then move it back to the starting position.*
- Repeat with the opposite arm.*
- Keep alternating sides for 8–10 repetitions per set.*
- Repeat for 3 sets, with a 45-second rest between each set.*

Up to now, we've only been dealing with bodyweight exercises. Here, we move on to exercises using external weights. These exercises are unnecessary, except in the case of very specific training or rehabilitation programs.

It's important to understand that it's possible to achieve optimum health and fitness through sports, movement and bodyweight exercises alone.

We therefore advise against these two exercises.

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Pike roll-out

A pike roll-out works the abdominal, arm, and shoulder muscles. People will need a stability ball.

How to do it:

- Lie on the stomach on the ball with the hands and feet on the floor.*
- Roll forward on the ball to rest flexed toes on it. Keep the body in a straight line, with straight arms directly under the shoulders and the palms flat on the floor.*
- Hinging at the hips, lift the buttocks toward the ceiling, keeping the legs straight and the toes flexed on the ball.*
- The hips will be in line with the shoulders, with a straight back and head between the arms.*
- Slowly lower back down to the starting position.*

This exercise is practically a more advanced version of the knee tucks so popular with gymnasts and acrobats.

It's a routine exercise for anyone who regularly practices the handstand.

As an advanced exercise, it is not suitable for beginners. The instructions provided in this article are not sufficient and do not guarantee safe practice.

Let's correct that by clarifying a few points.

Firstly, it's imperative to practice this exercise against the wall, at least initially, to avoid the classic accident of toppling "over the edge" and seriously injuring elbows, shoulders, and neck.

Secondly, before practicing such an exercise, it's vital to make sure that your shoulders and arms are capable of supporting almost the entire weight of your body, which is by default not the case.

Let's not forget that the average person can't hang from a bar by their hands, and it's even more difficult to do the opposite, i.e. to support, in compression, your entire body weight on your arms.

Finally, to perform this exercise correctly, it's vital to have a good shoulder opening (flexibility). This has nothing to do with muscular strength, and very often, muscular people risk injury when performing this exercise due to a lack of shoulder flexibility.

In short, this is an excellent exercise, but it does require a number of prerequisites.

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Crow Stand

The Crow Stand is a yoga pose that improves balance and can help build wrist, arm, and core strength.

How to do it:

- Crouch on the floor and place the palms flat on the mat with the fingers spread and the arms slightly bent.*
- Bend the knees into the triceps, close to the armpits, and place both feet behind the hands. The lower inner thighs should rest just above the elbows.*
- Balance on the toes and shift the weight into the hands.*
- Start by lifting one foot off the floor at a time.*
- When able to, lift both feet off the floor, touch the big toes together and balance on the hands.*
- Slowly release the feet back to the floor.*

Crow pose is a well-known yoga posture. Like many others, it requires little muscular strength and a great deal of balance.

But like all balance exercises, it requires a good understanding of biomechanics and good technique, so as not to harm the body.

The aim of this exercise is to find and maintain balance. When practised correctly, it shouldn't feel like an intense physical effort, but rather a pleasant sensation of balance and playfulness.

The most important rule for safe practice of any type of balance exercise is to know what the imbalance is, and to have the right reaction to it.

In the case of the crow's pose, what happens if you lose forward balance? Naturally, you'll be afraid of landing face-down!

So, when this happens, your instinctive reflex is to protect your face with your arms and hands... which are already blocked by your legs and body weight. What to do now?

Now we come to the second part of this vital rule: having the right reaction to this imbalance.

For the crow pose, you need to follow the forward imbalance by pulling your head in and rolling forward.

Of course, you'll need to know how to correctly perform a forward roll, although this is easy to learn.

Unfortunately, many people who don't know how to do this needlessly injure their wrists, elbows and even their cervical vertebrae.

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Swimming

Swimming uses almost all the muscle groups but is a low impact exercise. Therefore, it may suit people with certain injuries or health conditions.

A person should swim in a public pool or a safe, supervised environment, particularly if they are a beginner.

Swimming is an excellent sport, and one of the few that is almost non-asymmetrical (i.e. does not create an imbalance in the musculature).

We don't understand why swimming is "low-impact" - you only have to look at professional swimmers and their impressive bodies to doubt it!

Water is a natural element with excellent properties, making it a reference in rehabilitation and weight-loss programs.

By combining different swims and related activities such as diving and breath-holding, swimming is one of the most complete sports in existence, making it possible to develop a high level of fitness with virtually no other physical activity.

There is, however, one major drawback to swimming: chlorinated pools! Unfortunately, this archaic and dangerous water-cleaning system is still widely used.

Let's not forget that chlorine is toxic to the skin, mucous membranes and eyes, and that regular bathing in chlorinated water is harmful to health.

For those who can, we recommend open-water swimming (lake, sea, river) or swimming in natural pools (natural filtration using plants), which are all too rare but oh-so delicious!

How to progress exercises

People can take a few steps to make these exercises more challenging as their fitness improves. These steps include:

- adding more weight*
- increasing the number of repetitions, sets, or both*
- increasing the frequency of workouts*

People can also work alongside a personal trainer or fitness instructor. These professionals can safely increase difficulty levels and help people maintain proper technique.

That's exactly right. What's more, it's also possible to perform the exercises slower, quite simply!

For example, if you do a squat in 4 seconds, you can do it in 8 seconds. So, after 10 squats, you'll have activated your muscles for 80 seconds instead of 40.

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Summary

Regular exercise is important for overall health and fitness. A combination of resistance and cardiovascular training is a powerful tool to help prevent many health conditions.

People can start slowly and increase the frequency of workouts or the number of repetitions and sets in each one as their fitness levels improve.

As we like to say: movement is life!

That's why regular physical exercise is more than just important for your health - it's vital.

But you don't have to use cardiovascular or resistance exercises, you can practice a sport and/or a movement discipline.

Sports and movement disciplines are superior to physical exercise.

If you do exercise, remember that body-weight exercises are superior to exercises requiring external weights.

For optimum health, opt for the most complete physical effort possible, combining a variety of physical exercises, several movement disciplines and different sports.

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- Clarifying health goals that are meaningful and achievable
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