



That time of year again: The Three Biggest Days of Exercise!

By Dr. Michael Triglia

Well it's that time of year again, three days in particular: January 2, 3, 4th! Yes, I know, by the time you're reading this, those dates have already passed. But we have a whole new take on it here at Xooma Worldwide. So, let's back up so I can share two points in the history of Xooma and Dr. Michael A. Triglia, (or "Dr. T" as some of you know me).

Since the inception of Xooma Worldwide, the Corporate philosophy - from Ron Howell, our CEO and every member of the Corporate Team – has been "*Changing the Health of a Generation.*"

I have been in practice over 25 years. My mission has been to "start local and think global" to help people around the world look better, feel better, and live longer in the shortest amount of time. However, around 8 years ago, my mission grew to new heights. It's when I had the pleasure to not only meet Xooma's Team and they interviewed me, but when I in turn got to interview them!

So what, some may say.

Well, the important point I want to share with you is that I traveled all over the country talking to CEO's of many nutritional companies about – and remember this phrase, WELLNESS & HEALTH – and ALL of them agreed they had that interest not only for their company, but for their clients.

Again, many of you might be saying, "Okay, Dr. T, so what?" Well, here is the "what".

When I actually got to the bottom line with these other nutritional companies of, "Let's talk about wellness topics other than your specific vitamins," they shut me down. They responded with something like, "Oh no, it is important you only speak of our products." That is when I got up and walked out of their offices.



So what's the point I'm trying to make?

The point is simple. Eight years ago this company, Xooma Worldwide, did exactly what they said they would do. They listened to my concepts, put me on conference calls and entrusted me to their teams across the country and around the world! Guess what? I have spoken on many topics, like proper biomechanics, running, exercise, health, chiropractic, medicine and much more along with all of our team speakers who have done the same to bring all of us a better understanding of Health and Wellness. Why? Because from the inception of Xooma, the Corporate Team has always promoted 'Health

& Wellness'. Not only that, they have proven it each week I have been here...over the last 8 years!

Thank You Xooma Worldwide for allowing me to be a part of your team and mission to “Change the Health of a Generation.”

Here’s the exciting news and my commitment to you. I want to support Xooma’s mission by also incorporating and promoting physical fitness.

This month, January of 2015, I’m offering the opportunity for Xooma members to learn about The ISOROBIC™ Exercise System. It’s a revolutionary and portable exercise system that I became a part of 25 years ago. In fact, I was so impressed by the simplicity and results of this system that I purchased the company over 10 years ago.

As a Xooma Member, you are officially invited to potentially expand your health and wellness goals by including one of the smartest, most economical and time efficient fitness solutions ever developed.

What is the ISOROBIC™?

The ISOROBIC is a two and a half pound total system concept of exercise. Amazingly enough, it can replicate most exercise you can do with a \$10,000 Nautilus, a \$2,000 Bow Flex or a \$650 Exercise bike. ISOROBIC has combined Isometric, Isotonic, Variable Isokinetic and aerobic exercise into one complete program. And it doesn’t even take hours out of your daily schedule. The ISOROBIC is the world’s best 6-15 minute exercise program on the planet for any age! I know, quite a statement right?



Did you know the ISOROBIC has already been on missions to space? Here’s some interesting history. I won’t delve into all the science behind it now, but the ISOROBIC has flown on Apollo 8, 9, & 11 missions. And its prototype is now at the Smithsonian Air and Space museum in Washington, D.C.

If you’re interested in taking your health and wellness to a whole new level by investing a few minutes every day, then watch for your opportunity this January!

What we put in our bodies is paramount, from eating good, healthy foods to supplementing what our bodies need to not only “get by” but function at a higher level. And Xooma’s wellness

products are some of the absolute best choices you can make for your daily supplementation. But healthy food and high quality supplements aren’t the only keys to a healthy body.

Movement is a major key to your overall health and well-being. Movement in the form of exercise is even more important. Nutritional food, high quality supplements and regular exercise ALL support Xooma’s mission of “Changing the Health of a Generation.”

Now, back to those three biggest days of exercise. We know, based on the statistics, that many people start their New Year’s program and quit after a few weeks (or just a few days) of getting started. *Don’t let this be your story.*

[Here are 5 major benefits you’ll get from committing to weekly exercise](#)

1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. You don’t need to set aside large chunks of time for exercise to reap weight-loss benefits.

2: Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good" cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, Type 2 diabetes, depression, certain types of cancer, arthritis and falls.

3: Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A workout can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4: Exercise boosts energy

Winded by doing things as simple as household chores or climbing a flight of stairs? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

5: Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.

It's the start of a brand new year...what level of health and fitness do you want to achieve in 2015?

I'm personally committed to helping you enjoy abundant health through education on Xooma's premier products and a focus on physical fitness – hopefully with the help of my ISOROBIC system. Stay tuned for more info coming your way very soon.

Happy New Year!

Yours in health and wellness,
Dr. Michael A. Triglia
A.A.S., B.S., D.C.



Dr. Triglia has been in private practice for over 25 years. As an entrepreneur he knows the value of diversification. As a Doctor of Chiropractic for over 25 years he has also been involved for that long or longer in the health and wellness and motivation industry. As a Christian he attempts to look at all areas of life through the lens of the word of God. Dr. "T" states that is the most important center piece of his life that keeps him highly motivated to do his very best daily.

Dr. Triglia is President/Founder/CEO of Peninsula Chiropractic Center, ISOROBIC Life Improvement Center, Fitness Motivation Institute of America, Bushin Kai Martial Arts Academy, where he holds a sixth degree black belt as well as black belts in four other martial arts.