

H A R L A N R I C H A R D S

July 11, 2011

I recently read a book entitled Younger Next Year, by Chris Crowley and Henry S. Lodge, MD. The basic premise is that as you get older you can prevent many of those debilitations that most people equate with aging. The "younger next year" part is based on how our bodies respond when we change from a traditional lifestyle to the lifestyle portrayed in the book. We allegedly become fitter, healthier and more capable every year as our bodies throw off the accumulated effects of our previous lifestyle, thus becoming physically younger each year.

There are several requirements to obtain these benefits: Exercise 6 days per week (4 days of cardio and 2 days of weight training), eat less and more healthy food; and stay active, involved and emotionally connected to others. The book is very detailed in its explanations for why and how to do this stuff.

I am pretty much in agreement with the book. I have no doubt that we can stay vibrant and active into our 80s and 90s. I choose health and fitness as a way of living as much as I can in prison. I work out regularly, maintain a low weight, eat mostly good food and stay involved and connected to others.

But I still suffer the aches and pains of being someone on his way to becoming an old guy. I have to be careful when I work out so I don't injure myself. My strength is waning and if I try to reverse that decline by working out harder, it doesn't work. I'm more likely to pull a muscle than build one. I can exercise hard but it tires me out and if I exercise hard every day eventually the cumulative effects tire me out and I have to take some time off.

I think the degree of success any individual will have depends on his or her genetic factors. Some people are more resilient than others. I hope anyone getting on in years will be motivated to read this book and make some positive changes.

Good luck. Live long and prosper.

Places I Travel

I've never been to Piccadilly Circus,
Don't think I want to.
Places I travel are obscure, occult,
Out of this world.
Journey of self-discovery reveals
Myriad worlds, peopled
By phantasmic facets of imagining,
Each on its own mission to
Elicit epiphany, enlighten
Awareness, demystify mystery
Of life, which kept me blind
As justice.
I've been to the Milky Way,
Vast, swirling vortex of energy
At my astral fingertips, bleeding
Into my waking, working hours,
Powering my actions like
Wind powers a sailboat.
Whatever tack I take,
My sails are always full.

Harlan Richards

Faith

I hang precariously on each word you write,
Drinking in your essence with delight.
You shine brightly upon my world,
Give me hope to dream anew,
So long I've waited for a chance
To meet my partner in life's dance.
For now I give you cherished words,
One day there'll be so much more,
From you and me will come forth we,
When the time for us is ripe,
We'll come together to begin our life.

Harlan Richards