

## **J'ARMING**

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“J’arming” is the act of jogging with your arms. According to Dr. Dale L. Anderson, author of *The Orchestra Conductor’s Secret to Health and Long Life*, this is a new cardiovascular exercise that was influenced by orchestra conductors. A study by the Metropolitan Life Insurance Company shows that orchestra conductors live 38% longer than the general population. In other words, conducting is a good cardiovascular exercise! J’arming is simple to do; however, it brings the whole person into play involving him physically, mentally, and emotionally.

J’arming raises the heart rate, and upper body motion increases the nutritional and oxygen-rich benefits of blood going directly to the brain from the heart. Raising the pulse rate makes the heart and lungs grow stronger.

J’arming improves flexibility and balance by stretching muscles and keeping them from getting tight and weak. Using muscles makes them stronger. Muscle weakness and the inability to rise from a chair is a major contributing factor in nursing home admissions for older adults. As with any regular cardiovascular exercise, j’arming helps regulate and/or lose weight by improving posture, burning calories, suppressing appetite, and improving self-esteem.

J’arming raises the endorphin level in the brain. Endorphins are internally produced chemicals in the brain that reduce pain and produce feelings of euphoria. Psychoneuroimmunology is a fairly new branch of science devoted to studying body chemistries. Some of the chemicals discovered are referred to as “inner uppers.” Endorphins are some of the “magic” chemicals from the “pharmacy within” that create the good feelings that make people seem high on life. Endorphins are also connected with an increase in the cells that fight off bacteria and viruses.

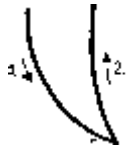
### **HOW TO J’ARM**

You can do it in the dark.  
You can do it in the park.  
You can do it on a stair.  
You can do it with a flair.  
You can do it here or there.  
You can do it completely bare.  
You can do it almost anywhere. (*With apologies to Dr. Seuss*)

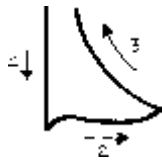
- 1) Using upbeat music, start slowly. (Choose music that you enjoy.)
- 2) Hold a baton, chopstick, fork, knife, comb, or pen.
- 3) Have fun with it! Let go a little and get your arms moving.
- 4) As you get better, increase your movements and time spent on j’arming.
- 5) Add arm weights if you want to increase your heart rate and other benefits.
- 6) Increase the variety of music used. Keep it interesting.

- 7) J'arm with a group to increase your devotion. Try it in front of a mirror.
- 8) You can j'arm in a seated position, standing, walking, marching, or moving.
- 9) Add a professional flair by trying the movements of conductors, shown below.

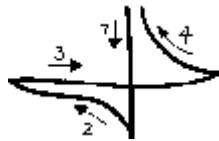
A march would have two beats, and the movements would look like this.



Waltz time would have three beats per measure.



The most common meter is four beats per measure.



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