

Jeni's Health & Fitness Tips

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Hi Everyone!

In nature there are no rewards or punishments; just consequences. I've always liked this powerful statement. It can be applied to so many different situations. Let's look at our health for example.

The consequences of a bad diet, little or no exercise, insufficient rest, stress and overwork will be poor health. On the other hand, if we reverse or modify all these things then we will be much more likely to enjoy good health.

When you are in good health, you feel energetic, enthusiastic, alert and to enjoy life to the full. While bad choices can lead to lethargy, depression, obesity, heart disease, type II diabetes and a lot more undesirable outcomes.

Many of us have reasons/excuses not to exercise, such as injuries or chronic disease. However, the truth is, that there is always some form of safe, effective exercise you can do. It's about working the parts of your body that are healthy and working the injured/diseased parts at a sensible rate that will strengthen them but not injure them more. It's about getting in touch with your body and feeling your perceived rate of exertion thus working at a level that's right for your condition. Some of you may need to consult medical practitioners to set your limits before commencing an exercise program. If you have a doctor who says "absolutely no exercise" then I would be inclined to get a second opinion. Over the years I have worked with numerous people who have had to modify their exercise around a certain condition but I have never come across anyone who could not exercise at all. Most health professionals agree that it is far more dangerous to our health not to exercise at all, than to exercise. It gets down to the intensity of exercise you choose.

Another reason/excuse is "time". These days many of us are time poor, with family commitments and long working hours. If this relates to you, take a long look at your weekly schedule and see what you can give up or change to fit a little exercise in each day. Exercise can be incorporated into your day by such activities as pacing up and down whilst on the phone, doing a few push-ups on the kitchen bench whilst waiting for the kettle to boil and taking the stairs rather than the lift, to name but a few. If you look after other people, you will be a lot more efficient carer when you are in good health and you will be better company too! Therefore your whole family will benefit from you looking after yourself.

How many of these boxes can you tick?

- 1. Do something you really enjoy for yourself at least once a week
- 2. Eat nutritious, healthy meals with the recommended serves of fruit & veg every day
- 3. Drink plenty of water (2ltrs each day)
- 4. Exercise at least half an hour 6 days a week – more is better
- 5. Don't Smoke
- 6. Take a little time to relax each day
- 7. Get enough sleep
- 8. Get in touch with your body so you can understand its needs
- 9. Make time to chat with a friend or loved one on a regular basis

If your score was 9/9 then I am preaching to the converted! For those of you who could improve on some of these things "do it now". Just start with one thing at a time. There is no time like the present. No excuses, ever!

Yours in health,

Jeni

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