

# Jeni's Health & Fitness Tips

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Issue 61 / Dec 10

Hi Everyone!

As 2010 draws to a close, you might like to take some time and reflect on what sort of year you have had. For me, this past year has been extremely hectic with another operation on my elbow, a second accident (resulting in ligament damage in my foot), home renovation, and the loss of my mother. Hopefully your year has been less eventful and more relaxed than mine!

Last year I came across a sign that said:

*"What happens to you does not matter. What you become though those experiences is all that is significant. This is the true meaning of life."*

I thought it was a great philosophy and put it up on my fridge door. Reading this has helped me cope with this stressful year.

So as you reflect on your own year, look at your achievements. There are things that happen that we cannot control and many that we can. If there have been events beyond your control, perhaps the above adage will help you cope too. Many aspects of our health are within our control but they need time and focus and determination. Perhaps, if you have neglected your well being this year, you can make a change in 2011. Maintaining healthy weight, eating healthy and regular exercise are just a few things we can control.

Here are a couple of things that you may need to consider in the year ahead:

- **Exercise at least 30 minutes, 6 days a week.** This is the absolute minimum - more is better! The term exercise means that you work hard enough to feel warmer, sweat a little and increase your heart rate. So whilst a leisurely stroll in the park is of some benefit, you need to work harder than this to improve your fitness. Exercise should include cardio, strength training and stretching. These 30 minutes do not have to be taken in one block; three lots of 10 minutes is absolutely fine. They also do not have to be taken in a gym. Exercise includes activities such as brisk walking, swimming, gardening and housework.
- **Eat at least 2 serves of fruit and 5 serves of vegetables every day.** A serve of vegetables is approximately half a cup. Again, like the exercise, I feel that even more is better. Try and eat some raw vegetables everyday. You can make or buy fresh vegetable juices and fruit smoothies to help get your daily quota.

These are two things you can do to optimize your health. They will help prevent heart disease, type 2 diabetes, depression, osteoporosis, high blood pressure and some types of cancer to name just a few of the benefits. You will also have more energy. So make 2011 a year of the best possible health you can!

I have attached details of our health retreat for 2011. You and your friends or family may like to join us. Putting aside just \$15 each week should more than cover this.

Wishing you all a very Happy and Safe Christmas. May 2011 bring peace, health and prosperity.

Yours in health,

*Jeni*

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