

Jeni's Health & Fitness Tips

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Issue 63 / April/May 2011

Hi Everyone!

I hope you all enjoyed a safe and happy Easter. Did you manage to keep active during the Easter/Anzac break? If not, you can make up for this by doing a little extra exercise in the coming weeks. It's OK to have some time off occasionally, just don't allow it to go on for too long or you will lose the fitness level that you have worked hard to achieve.

How old do you feel? Your chronological age is not necessarily your true age. Some of us can appear much more youthful than others. I'm not talking grey hair or wrinkles (I prefer the term "character lines"). These are only superficial. True youthfulness comes with true health. Things such as your energy level, agility, suppleness (both mind and body), quick wittedness, disposition and a positive attitude are the things that represent your true age. When these things are positive then you have the key to living life to the full. You also appear much more youthful than your chronological age.

There are many factors that influence the way a person ages such as stress, smoking, digestion, chronic conditions such as arthritis and disease as well as overall fitness and an active mind. To get the most out of life, it helps to keep our true age as young as possible. Here are a few tips to keep youthful:

- **Don't smoke.** Smoking is one of the most negative things you can do for your health. Statistics show that smoking is more harmful for women than men. It is a major cause of premature aging.
- **Eat a healthy diet.** Plenty of fresh fruit and vegetables to load your system with antioxidants. Why stress your body with junk food? High calorie/low nutrition, so called food, is a waste of time – indulge only occasionally, not regularly.
- **Drink 8 glasses of water each day.** Keep well hydrated – your kidneys will love it!
- **Maintain a healthy weight range.** Did you ever see an overweight centenarian?
- **Keep stretching to maintain flexibility.** Keeping the body supple allows you to move with greater ease, to breathe well and maintain good posture. It gives your joints greater mobility and keeps them healthy.
- **Get or stay fit.** Maintaining a good fitness level is essential for good health. Your heart and lungs need daily workouts so walk briskly whenever you get the opportunity. Strong muscles will result in strong bones and make everyday tasks easier.
- **Keep your brain active.** Your brain needs exercise too. Try crosswords, Sudoku's, brain teasers and puzzles. Learn something new. There are many courses you can undertake at your local community college.
- **Relax.** Make sure you get enough sleep. If you are stressed then try to address the cause. If you cannot change the situation, then perhaps you can change your attitude towards it. Try a daily relaxation or meditation.
- **Stay positive.** When things don't go as you would like, rather than complain about this, think what you have gained from this situation. Sometimes it is difficult to see the positive side of situation but if you search hard enough, there is always something beneficial.

There are far too many things to mention in this brief newsletter – it would take a whole book to list everything in detail. But, as my mother used to say, "Look after your body and it will look after you".

You will have a great opportunity to look after your body at the next health retreat: 1st -3rd July. We offer a wide variety of exercises, to suit all fitness levels, and the opportunity to de-stress and relax. Early bird enrolments need to be received by 9th May to take advantage of the discount.

Yours in health,

Jeni