



# **The Seven Habits of Fit and Healthy People**



**John Miller**



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### HEALTH, FITNESS AND WELLBEING

The **Seven Habits of Fit and Healthy people** is an interactive workbook designed for individual use, and use in a range of corporate health management seminar presentations, health assessments and health audits.

Whether you pick up this book out of interest, through your attendance at a health management seminar or a health assessment, by the time you've completed it you will have a good snap-shot of how your life is going particularly as it relates to

- the function of key body systems
- physical fitness
- food and chemical intake
- your ability to handle both the internal and external stresses of life
- your ability to distract yourself from being busy and miserable.

Because most people who read the book do so as part of a corporate health management program, the book has a definite corporate flavour about it. This is because if people are not fit and healthy there is a productivity drain in the workplace, one that in my experience is exceptionally high in many organisations.

The book contains a number of health and fitness profiles

- Health, Fitness and Wellbeing
- Fitness
- Musculo-skeletal risk
- Diet
- Chemical intake
- Stress
- Work satisfaction
- Metabolic dysfunction

The approach taken has been underpinned by a number of principles:

- Most people suffer from lifestyle related and personally generated body system, dysfunctions, not diseases.
- Small problems are easier to fix than big problems.
- The body is an ecosystem and all its parts are intimately involved in determining your health status.
- Motion starvation and a dreadful diet are major causes of 80% of the body system dysfunction in the Australian community. If everyone kept themselves fit and healthy we'd save the community \$80B a year.
- The Lifestyle Prescription stands head and shoulders above all other prescriptions for keeping yourself fit and healthy.
- In our culture it's a big ask expecting to stay healthy without keeping yourself fit.
- It's an even bigger ask expecting your body to get better by having someone do something to you. Sooner or later you have to do something for yourself.
- Symptomatic junk medicine doesn't seem to be the best way of dealing with the everyday, lifestyle-related, personally induced body system dysfunctions that people experience year in, year out. For instance, just ask yourself what's the best way to prevent or treat high blood pressure, adult onset diabetes, headaches, insomnia, musculo-skeletal dysfunction, reflux, irritable bowel, anxiety ... ? It's not a tablet, a creme, a syrup or a suppository!
- You have chosen to be your current level of health and fitness. You can choose to be fitter and healthier.

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# Introduction

*You, the individual, can do more for your own health and well-being than any doctor, any hospital, any drug, any exotic medical advice.*

US Surgeon General 1979

*The Lifestyle Prescription stand heads and shoulders above all other prescriptions for keeping yourself fit and healthy.*



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### i. THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

<div>THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE</div> <div>When it comes to health, our objective is to keep the major body systems in good nick, from the individual cells to all the other systems that support their normal, healthy function - including the mind, nervous, immune, endocrine, elimination, cardio-vascular, respiratory, digestive, reproductive, dermal and musculo-skeletal systems ... Keeping these systems in good condition depends on how well we apply the <b>seven habits of fit and healthy people</b>.</div>						
Aerobic Fitness	Strength	Flexibility	Diet	Life Stress	Work Stress	Meditation
<div>Keep yourself aerobically fit.</div> <ul style="list-style-type: none"><li>• 'Cool down' over-stimulated sympathetic nervous system.</li><li>• Stimulate elimination.</li><li>• Get more oxygen into the body.</li></ul>	<div>Keep yourself strong.</div> <ul style="list-style-type: none"><li>• Support and stabilize musculo-skeletal system.</li></ul>	<div>Keep yourself flexible.</div> <ul style="list-style-type: none"><li>• Keep bones in alignment.</li></ul>	<div>Eat from the top of the Hourglass.</div> <ul style="list-style-type: none"><li>• Drink water</li><li>• Balance fat, protein, and CHO intake.</li><li>• Maintain energy balance</li><li>• Supply essential<ul style="list-style-type: none"><li>- vitamins</li><li>- minerals</li><li>- fatty acids</li><li>- glycoproteins</li><li>- nutraceuticals</li></ul></li><li>• Include fibre</li><li>• Restrict intake of junk, and chemicals.</li></ul>	<div>Manage the stress of your life.</div> <ul style="list-style-type: none"><li>• Personal power in relation to your Self and your<ul style="list-style-type: none"><li>- thinking</li><li>- understanding of how the world works.</li><li>- family</li><li>- health and fitness</li><li>- finances</li><li>- other people.</li></ul></li><li>• Distract yourself from being busy and miserable.</li></ul>	<div>Manage the stress of your work.</div> <ul style="list-style-type: none"><li>• Personal power in relation to your work.</li><li>• Being in the right job.</li><li>• Being able to manage work-place change.</li><li>• Success at managing up, out and down.</li></ul>	<div>Meditate</div> <ul style="list-style-type: none"><li>• 'Warm up' para-sympathetic nervous system.</li><li>• Reduce tension.</li><li>• Relax muscles.</li><li>• Dilate blood vessels.</li><li>• Clear the mind.</li><li>• Get more oxygen into the body.</li><li>• Achieve peace of mind.</li><li>• Sleep better.</li></ul>

*The truth that makes men free is for the most part the truth which men prefer not to hear.*  
Herbert Agar



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### ii. HEALTH MANAGEMENT 101

Health is more than the absence of disease.

If you want to be fit and healthy, do what fit and healthy people do! Most of us have an 80% chance of the major systems of the body becoming dysfunctional, unless we do the things we need to do to keep ourselves fit and healthy. And for 80% of people there's an 80% chance they can get themselves back to 80% of good nick if they're diligent.

The things that are needed to be done vary from individual to individual, but basically it boils down to keeping fit, eating wisely, managing the stress of your life and your work and meditating. Couple that with doing the job you'd love to do so much you'd do it for nothing and living the life you'd like to live so passionately and you're on the way to good health.

On an optimistic note, I believe that 80% of us have the ability to fix up 80% of our body system dysfunctions to at least 80% of normal function, providing we consistently work at it.

People who feel good about themselves are well adjusted to dealing with their internal and external environments. They take charge of situations instead of letting situations take charge of them. They deal with the stresses of life rather than being overtaken by them. They take responsibility for themselves rather than blaming other people. Importantly they have an ability to give back to their *Self* and take time out to do the things that give balance to their life. They set aside time to do the things they need to do to stay fit and healthy.

People who are physically fit are less likely to become depressed. They are more likely to have strong immune systems and to have autonomic nervous systems that successfully manage key physiological responses. They are healthy; they are happy; they have normal blood pressure; they sleep like logs, are about their ideal weight, rarely, if ever, get a headache and don't have a crook back or a crook guts.

Regrettably, it's becoming harder and harder to find such a person, particularly one over 50. In a very short space of time, the nation that started off 'hard and tough and wiry' like the mountain pony belonging to the Man from Snowy River has become fat, weak and depressed.

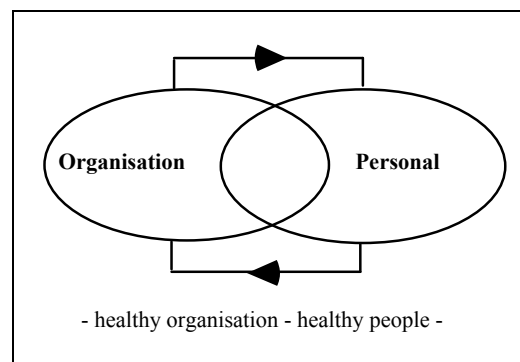
In the last 30 years of the 20th Century, Australia became a society characterized by an epidemic of **affluenza**, an inability of people to live in balanced harmony with an affluent environment.

#### PERSONAL AND CORPORATE WELL-BEING

People feel good when they are fit and healthy, when they have a clear idea of what they want for their lives and a belief that they are on the way to getting it.

Things go well when you're going well. Generally speaking, people say morale is good at their workplace when *their* morale is good. When you're not going well, when you're not fit and healthy, the personal cost is high and so is the cost to the organisation for which you work. In fact in most organisations the cost of poor health far exceeds the cost of poor safety.

Personal change and organisational change go hand in hand. It's hard fitting into an organisation that's changing if you're not changing. And by the same token it's hard to develop a healthy organisation if the people who work in it aren't healthy.



#### ABSENTEEISM PRESENTEEISM AND WORKERS COMPENSATION

There are very few people who would wish it on themselves to suffer from '**dysease**' or dysfunction, or who would wish for an unhappy life or a miserable job.

There are very few employers who would wish their productivity to decrease.

The increased costs of reduced productivity are reflected in three areas, workers compensation, absenteeism and presentism.

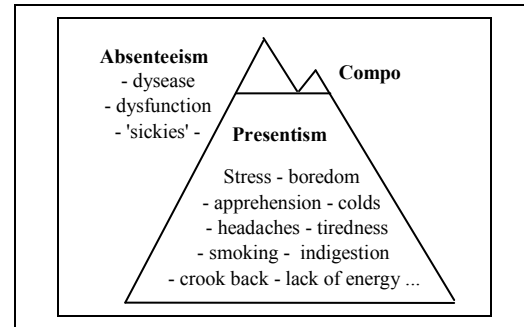


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

Contrary to popular opinion it is **presentism**, not absenteeism or workers compensation that forms the greatest of these threats to productivity.

Presentism occurs when people come to work and for one health-related reason or another find it difficult to give their full attention to the job.

Presentism is the productivity that is lost through people being stressed at work or at home or because they are not in the right job. It is the productivity lost when people feel uncomfortable because they have a cold, a headache, are tired, feel miserable, a crook guts or their trousers are too tight. It is the productivity lost when people take time off to feed their addictions. And if you think the cost of absenteeism and workers compensation is high, the cost of presentism is astronomical.

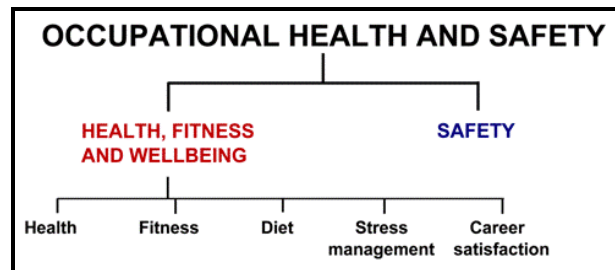


### VITALITY, ENTHUSIASM, PRODUCTIVITY

By taking part in the assessments in this book you can obtain a benchmark of your personal vitality, enthusiasm and productivity and gain an appreciation of how you can improve it.

### OCCUPATIONAL HEALTH, FITNESS AND WELLBEING

Contrary to popular opinion it is not unsafe workplaces that are the major contributors to the current spate of absenteeism, presentism and worker's compensation claims; on the contrary, it is body system dysfunction caused in large part by motion starvation and lack of personal development - people get crook backs and stressed out of their brains!



We've reached the point in workplace history where the costs associated with poor health are exceeding the costs associated with poor safety. It's time to focus on the health side of the OH&S equation.

The reason for adding 'fitness' to 'health' is that in a sedentary culture it is a very big ask expecting to stay healthy without keeping oneself fit. The great advances in community health made in the first 80 years of the 20th Century are being eroded dramatically by a sedentary lifestyle.

The reason for adding the word 'wellbeing' is to further broaden the definition of 'health' to give it a psychological perspective.

### 'DYSEASE'

The word 'health' comes from an old German word meaning 'to be whole'. When we have lost some of that wholeness we are said to be dis-at-ease. Gradually over the years, the use of the word 'disease' has changed. It now most frequently refers to cellular dysfunction, usually of indeterminate cause, rather than the result of some lifestyle change that has brought about an inability of the body to stay functional, or at ease.

For this reason I've coined the word 'dysease', to match the word 'dysfunction' because most of the things that happen to our individual body systems are dysfunctions. Being dysfunctions, most of them are personally-generated. Being dysfunctions many of them are eminently fixable.



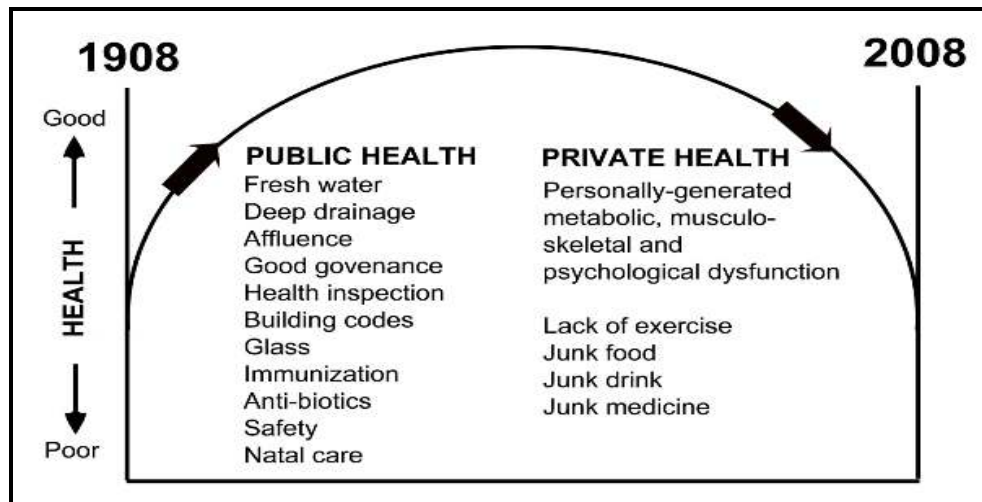


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### iii. DECLINING HEALTH STATUS

It is a fact that the health status of the Australian community is declining - the increase in medical expenditure confirms this. It's obvious; if people were becoming healthier, medical bills would be coming down. After the Second World War the health of the country improved dramatically, for the reasons outlined in the diagram below. The improvements were led by good public health outcomes.

In the 1950's most people in this country were in reasonable health due to these public health measures. They walked a more - because they didn't have a car. Many grew their own vegetables. There were a few mitigating factors. More than 50% of men smoked. A high proportion suffered from the post traumatic stress of war which was self-medicated in hotels. From then on though the health of the country started declining, particularly as people stripped physical activity out of their lives and subsisted on a diet high in flour and sugar. But whereas much of the improvement in health was driven by good public health practice, the decline was stimulated by poor private health practice.



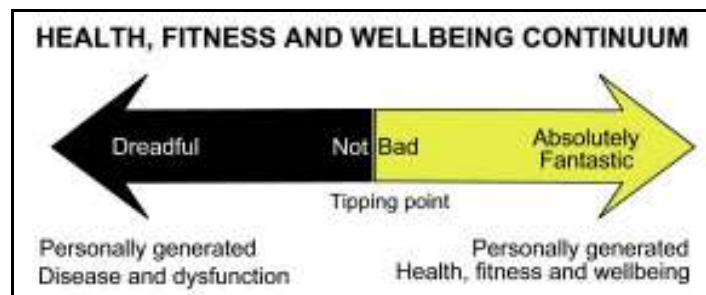
Nowadays, of course, not only do people want the Government to continue to invest in the public health infrastructure, they also want it to pay to patch up their personally-generated dysfunctions.

The level of poor health has reached epidemic proportions. Government subsidy of medical treatments for these personally-generated dysfunctions, coupled with massive protection of the medical and pharmaceutical industries is threatening to bankrupt the country. This subsidization and protection, coupled with the merging of the welfare and health systems (with an all up cost of \$60B a year) has fuelled the growth of poor health, not good.

Workplaces are being effected by this trend. At the same time as they have become safer, they've also become unhealthier. My assessment is that poor health is now the most prominent driver of OH&S costs.

### HIGH LEVEL WELLNESS

If you ask someone 'How are you going?' you'll often get the response, 'Not bad.' Can you think of two more negative words to string together to describe how you are than 'not' and 'bad'? 'Not bad' falls midway between feeling absolutely fantastic and feeling dreadful. It's not a state of high level wellness.



You can make a choice about where you want to live on the Health, Fit ness and Wellbeing continuum.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### iv. BODY SYSTEM DYSFUNCTION

There is an epidemic of personally-generated body system dysfunctions. When we talk about 'poor health', it becomes easier to grasp the concept when we define it as '**body system dysfunction**'. Most of the diseases that plagued the country 100 years ago have disappeared. The current illhealth epidemic relates to life-style induced dysfunctions. It's a private health issue, not a public health issue.

These dysfunctions are driven principally by

- a sedentary way of life
- inappropriate food choices
- an inability to cope with the normal stresses of life (and work), and
- a toxic environment

The good news about this is that if personal lifestyle choice is the major cause of the problem, then personal lifestyle choice can be the major driver in the solution.

There are three principal categories of dysfunction,

- metabolic
- musculo-skeletal
- psychological.

These dysfunctions are recognised by their symptoms

SYMPTOMS OF PERSONALLY GENERATED BODY SYSTEM DYSFUNCTIONS		
Metabolic	Musculo-skeletal	Psychological
<ul style="list-style-type: none"><li>• aerobically unfit</li><li>• over-weight</li><li>• high blood pressure</li><li>• depression</li><li>• sleeplessness</li><li>• snoring</li><li>• sleep apnoea</li><li>• headache</li><li>• tired, lacking energy</li><li>• low libido</li><li>• diabetes</li><li>• elevated blood fats</li><li>• elevated cholesterol</li><li>• cardiac insufficiency</li><li>• irritable bowel</li><li>• cancer</li><li>• ...</li></ul>	<ul style="list-style-type: none"><li>• musculo-skeletal pain</li><li>• bones out of alignment</li><li>• arthritis - bone inflammation</li><li>• lack of strength</li><li>• lack of flexibility</li><li>• lack of mobility</li><li>• torn ligaments</li><li>• torn tendons</li><li>• torn muscles</li><li>• bulging discs</li><li>• sciatica</li><li>• ...</li></ul>	<ul style="list-style-type: none"><li>• stress</li><li>• anxiety</li><li>• irritability</li><li>• difficulty coping</li><li>• grief</li><li>• sadness</li><li>• vacuity</li><li>• depression</li><li>• ...</li></ul>

*It's a big ask expecting to stay healthy without keeping yourself fit.*





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### v. JUNK MEDICINE v THE LIFESTYLE PRESCRIPTION

For many of the common lifestyle related and personally induced body system dysfunctions the prescription from a surgery has become a drug which masks symptoms and does not restore poor function to good. For instance we now subsidize the purchase of drugs for high blood pressure, when the elevation of the blood pressure in the first place was due to poor lifestyle choices and not a lack of ACE inhibitor or diuretic.

Similarly with most of the common dysfunctions: depression is not due to a lack of Zoloft, headaches are not due to a lack of Panadol, reflux is not due to a lack of Mylantin, constipation is not due to a lack of Zelnorm, diabetes is not due to a lack of Diabex, eczema is not due to a lack of Advantan, high cholesterol is certainly not due to a lack of Lipitor, arthritis is not due to a lack of Celebrex, attention deficit is not due to a lack of Ritalin any more than piles a lack of Anusol.

#### THE DOORS OF PERCEPTION

William Blake said, *'If the doors of perception were cleansed everything would appear to man as it is: Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.'*

The closing of the doors of perception about what we need to do to keep ourselves fit and healthy has perverted the course of modern medicine. We're in the junk medical era. Tried and true remedies that are as old as antiquity have been cast off like dirty shirts and replaced with treatments that are much less effective. The simple has become complicated, the cheap has become expensive, the transparent has become opaque and the obvious has become obscure.

As professional healers we have a tendency to get locked into narrowly defined positions, first by our specialist education and then our professional associations. It is for this reason that a significant proportion of therapists will give you a narrow interpretation of what's caused your dysfunction and a narrow range of treatments to fix it up. My own profession is no less guilty than any others.

Experience suggests that if you've lost function in one or more body systems, there's a good chance that you'll be able to restore it by adopting a lifestyle that restores good function to all body systems.

My greatest encouragement is for you to listen to and read about what other people did to keep themselves fit healthy and to restore themselves to good health. If a lifestyle change or a particular therapeutic approach worked for them, maybe it will work for you too.

In this respect the internet provides a marvelous resource, providing you can get past the selective-evidence, unimodal and pharmaceutically based sites.

The body possesses wonderful recuperative powers. Who can really say they know everything about all the things that may stimulate those powers? The history of the world is still short!

At the left hand end of the spectrum on page 10 are the things we can do for ourselves to improve our health. Manlius said *'Those who follow the part of themselves which is great will become great men. Those who follow the part of themselves which is small will become small men.'* We have a choice, to put up with our dysfunctions or fix them up.

The health and fitness profiles in this book will provide clues as to how healthy you are.

#### DON'T ASK WHAT YOUR DOCTOR CAN DO FOR YOU

Unless you've got a serious medical complaint, the most cost effective and usually most successful treatments designed to restore poor body system function to good involve things you can do for yourself. The least effective are those that rely on other people prescribing products and services, which mask symptoms without effecting a cure.



Open the doors of perception about what you can do to improve your health.

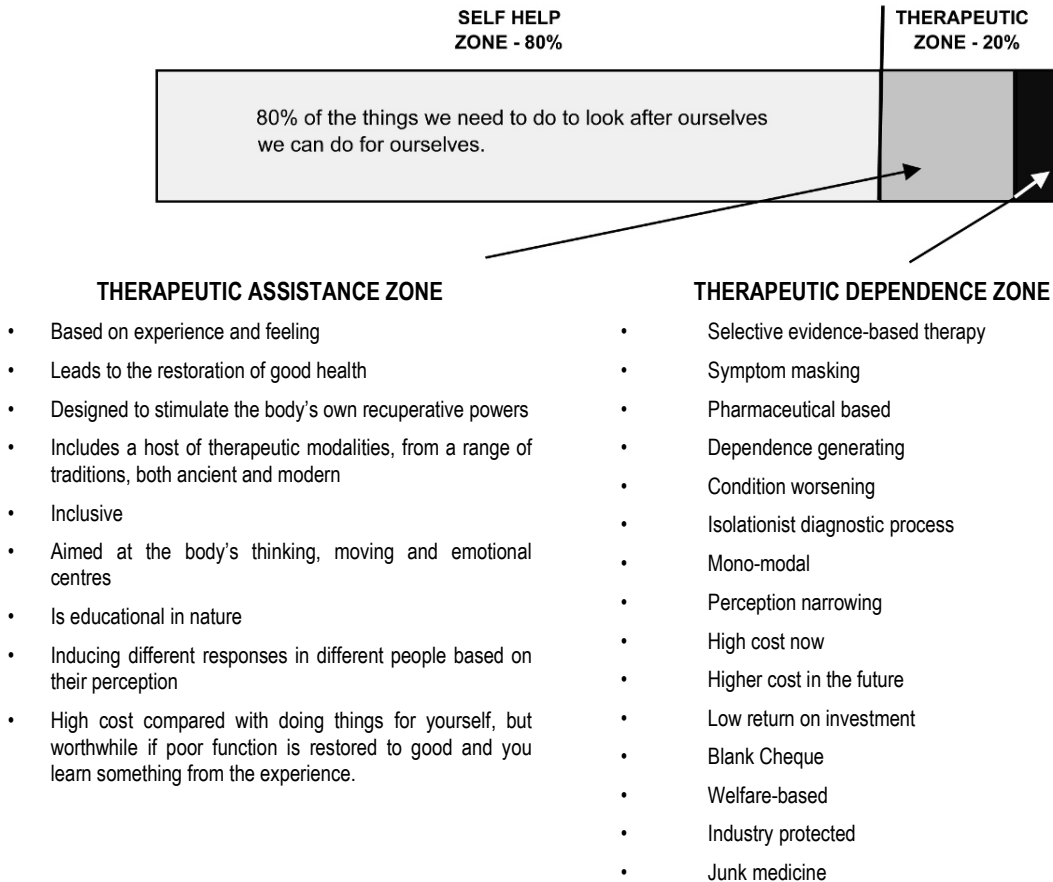
*Don't ask what you doctor can do for you, ask what you can do for yourself.*



### vi. HEALTH AND THE SPECTRUM OF PERCEPTION

One of the great tragedies of modern medicine is the closing of the doors of perception about

- what we need to do to keep ourselves fit and healthy and
- what we can do to restore poor health back to good health.



#### ZONE OF SELF HELP – minimal cost, high investment

80% of the things you need to do to keep yourself fit and healthy you can do for yourself. It's not just the minimal cost zone, it's the personal investment zone.

#### ZONE OF THERAPEUTIC INTERVENTION – high cost

20% of the things you need to do to fix common body system dysfunctions are things other people can do for you.

Of this 20%, 80% can be broken into two parts – firstly **treatments** that actually do fix problems. There are such treatments around, though not many of them. Secondly is the **advice** some therapists will give you about the things *you* need to do to restore good function to good.

The final 20% are the therapies where someone does something to you – in particular giving you a pill instead of a lifestyle prescription. Poor function is not restored to good – the condition worsens. These therapies will lead to dependence on treatments that mask symptoms, contribute to a declining level of function and fail to stimulate the body's own recuperative power.

There is no doubt that by working *on* yourself *and* using *some* of the therapeutic modalities you can dramatically speed up the rehab process.

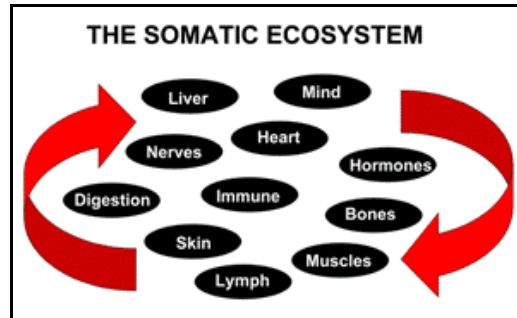
**In a nutshell**, it's a big ask expecting to stay healthy without keeping yourself fit. It's an even bigger ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.



### vii. THE BODY AS AN ECOSYSTEM

#### Soma - the body

The body is an ecosystem and the major body systems within it are intimately related. If we knew more about Chinese and other traditional forms of medicine we would be better able to recognise these inter-relationships.



The most commonly recognised relationship is that between the mind and the rest of the body. It's known as the psychosomatic relationship.

The mind plays games. Whilst you might think you're OK, the rest of the body may be telling a different story - headaches, insomnia, over weight, itchy, high cholesterol, high blood pressure ... certainly not the symptoms of an ecosystem in exceptionally good condition.

Similar relationships occur between other body systems and the rest of the body - gut-somatic, cardio-somatic and liver-somatic along with psychosomatic being the big ones.

It's interesting that in my studies musculo-skeletal dysfunction is highly and positively correlated with feeling miserable.

#### MILLER'S LAW

Individual body systems are more likely to work well when the whole somatic ecosystem is working well. People who are physically fit are less likely to become depressed. They are also more likely to have a strong immune system and an autonomic nervous system that is balanced and healthy in its management of key physiological responses. They have normal blood pressure, they sleep like logs, are about their ideal weight, don't have joint and muscle pain and rarely, if ever, get a headache.

#### Corollary

If something's wrong with one part of your body you can bet that there are things wrong with other parts as well - more than likely it's a sign that the *system* is breaking down and not just one part.

For instance being over weight or lacking aerobic fitness are two of the first signs of general metabolic dysfunction - as are high blood pressure, headaches and all the other stuff. The medical industry will, likely as not, only measure your blood pressure. Rarely, if ever, will they measure your aerobic fitness your strength or flexibility.

Also you need to consider the fact that what you think is a problem in one body system may well be a symptom of a problem somewhere else.

This is why taking a pill to mask a symptom is not the smartest thing to do. The cause of the problem is usually not at the site where the problem is manifest.

#### THE PERSONAL HEALTH FIREWALL

It seems to be in the natural order of things that body systems gradually run down, particularly if we don't make a special effort to keep ourselves in good shape. On a simple level we know that when we don't train our performance decreases. The same thing is going on in most other body systems - usually so slowly that we don't recognise the decline from good health to poor health.

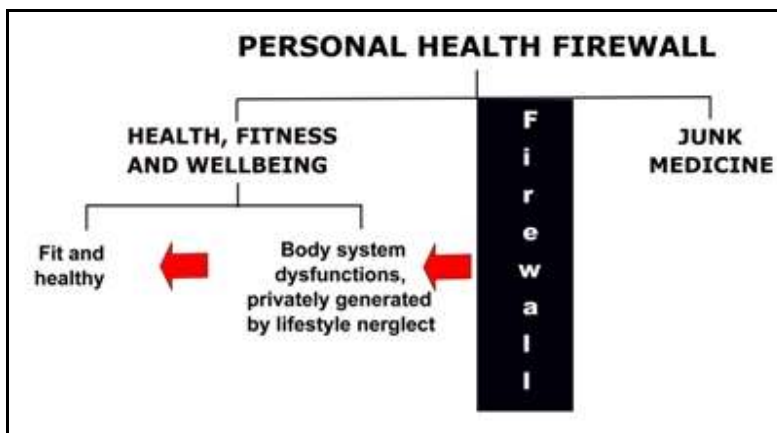


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

On the other hand, once dysfunction sets in you may be able to recognise the signs, things like headaches, elevated blood pressure, lack of energy, insomnia ... If you're astute you'll not only recognise these signs but you'll galvanise yourself back into action and begin the process of restoring the poor health of the somatic ecosystem back to good.

When you do that you're putting up a firewall between your personal health regime and that of the medical industry. Once you get into the medical loop, where symptoms are masked by junk pharmaceuticals you're likely to be lulled into the false sense of security that you are better; – the urgency, the imperative that you begin the process of becoming fitter is lost.

You stand a better chance of keeping yourself out of the clutches of the junk medical and pharmaceutical industries by keeping yourself on the health, fitness and wellbeing side of the personal health firewall.



Most of the body system dysfunctions caused by lifestyle neglect can be restored to good function by getting fit, eating wisely and following the rest of the seven habits of fit and healthy people.

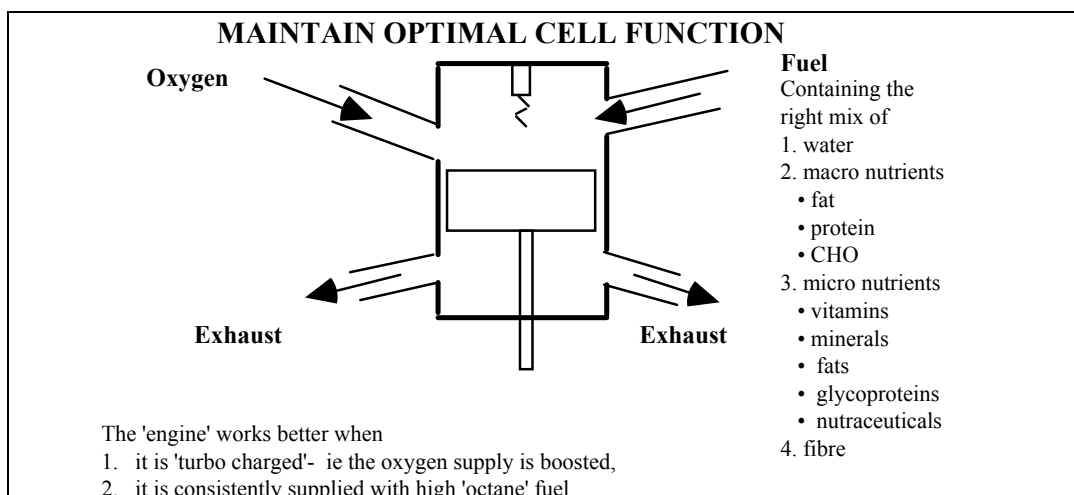
### THE CELLULAR ENGINE

To function well, the individual cells of the body need a good oxygen supply; good fuel and a good exhaust system.

The oxygen is supplied by aerobic activity, the fuel by the Hourglass Diet.

An exhaust system that works well involves a well-functioning lymphatic system, circulation system, liver, kidneys, bowel, sweat glands and lungs. The efficient functioning of this system is linked with aerobic physical activity.

If the exhaust system doesn't work well your body cannot get rid of the waste products of your own metabolism or the waste products of a toxic environment. It becomes a toxic waste dump. You feel dreadful.

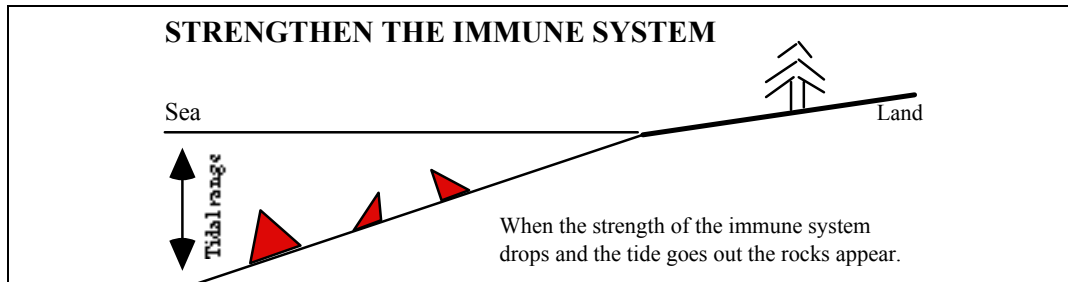




## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### DECLINING IMMUNE SYSTEM STRENGTH

Immune systems are getting weaker. Just as when the tide goes out we see the rocks on the seabed, so when the immune system becomes weaker we see the evidence of body system dysfunction.



We can explain what's going on **using the law of too much and too little.**

TOO MUCH					TOO LITTLE		
Toxic Environment	Pathogens	Eat too much of	Do too much of	Think too much of	Do too little of	Eat too little of	Think too little of
Petrol fumes Herbicides Drugs Chemical degreasers ...	Viruses Fungi	Foods which are toxic and to which we are allergic. High energy food.	Sit on our backsides	Negative thoughts	Vigorous physical activity	Food containing essential nutrients	Positive thoughts

*Those who do not find time for exercise will have to find time for illness.*  
Earl of Derby



# The Seven Habits of Fit and Healthy People

1. Keep yourself aerobically fit
2. Keep your self strong
3. Keep yourself flexible
4. Eat from the top of the Hourglass
5. Manage the stress of your life
6. Manage the stress of your career
7. Meditate

*The time to be happy is now, the place to be happy is here and the way to be happy is to make others so.*  
Robert Ingersol



# THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

## 1. KEEP YOURSELF AEROBICALLY FIT

### AEROBIC FITNESS

Your level of aerobic fitness is a good indicator of the condition of the metabolic system responsible for transporting oxygen to working muscles: - the heart, lungs and blood vessels. However, to restrict the importance of aerobic fitness to the cardiovascular system does it a grave injustice. On the contrary, your level of aerobic fitness is perhaps the best indicator of the health status of most of the important body systems.

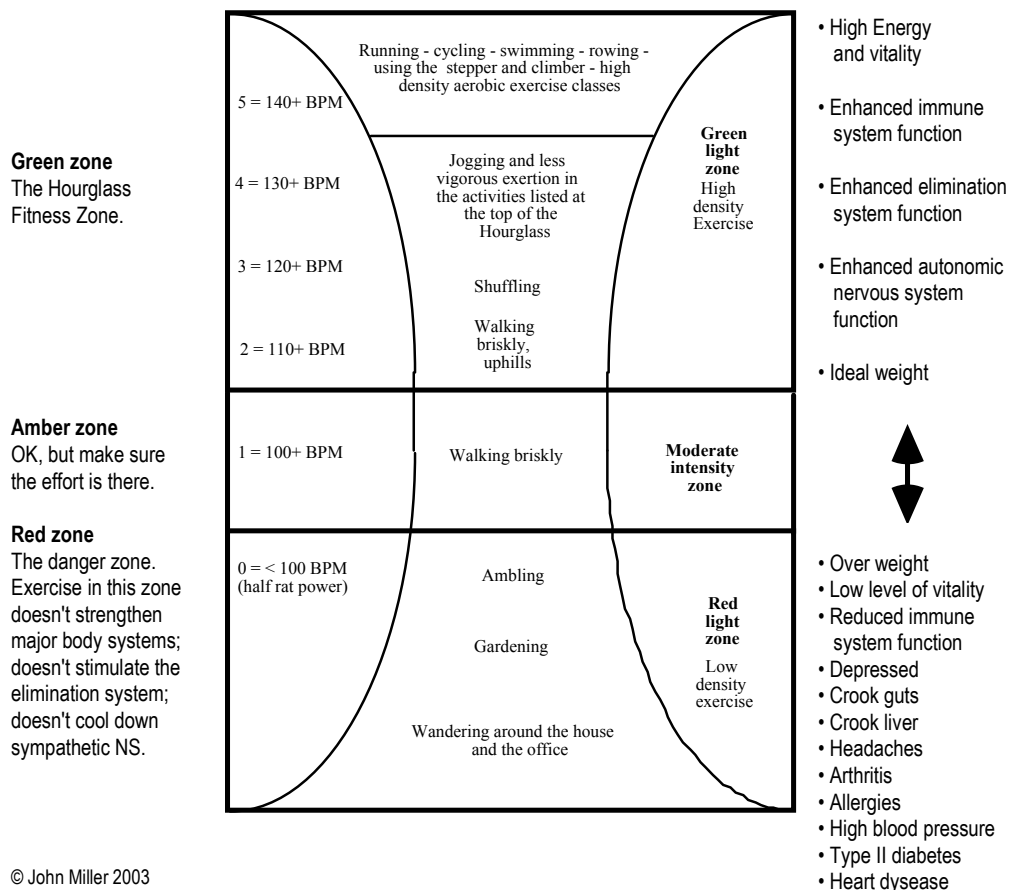
Only 10 to 15 percent of people over the age of 30 years participate in sufficiently vigorous activity (of the huff and puff variety) each week to maintain reasonable level and reap the benefits of aerobic fitness.

According to the research, the stimulus to improving aerobic fitness is at least three vigorous aerobic sessions a week of at least 20 minutes a session. And if 20 minutes is good, 30 minutes is better and 40 minutes is best.

Along with time, the intensity of your aerobic exercise needs to be taken into account. They say that you need to get your heart rate to at least 60% of your maximum heart rate (MHR) to gain an aerobic training effect. 70% is probably more like it. 80% is achievable and sustainable for people in good aerobic condition and something worth aiming at. Maximum heart rate is said to be 220 minus your age.

The people I see who are in the best of health are those who have a vigorous aerobic training program, for 40 minutes on most days of the week. I see little evidence that ambling around the block for 10 minutes does much for the cardiovascular or any other system, or that it has much of an impact on lowering stress levels.

### HOURLASS AEROBIC FITNESS - exercise from the top of the Hourglass







## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### COUNT AERABYTES, NOT TIME

#### Effort

I've decided to name a new measure of aerobic achievement the aerabyte, as in 'a byte of aerobic exercise'. If you're serious about becoming aerobically fitter, merely recording time, steps or distance is pointless unless **effort** is also taken into account.

$$\text{AERABYTES} = \frac{\text{TIME}}{\text{(minutes)}} \times \text{EFFORT}$$

on a scale of 0 - 5,  
where 0 is less than 90 BPM and 5 is flat out)

To calculate the number of aerabytes you've used up in a workout, multiply the actual time in minutes (T) by the level of effort (E).

Measure your heart rate using a **heart rate monitor**. Record the average heart rate for the duration of your exercise. Your ability to maintain your heart rate at a particular level will depend on your level of aerobic fitness. ie, the fitter you are the longer you will be able to maintain your heart rate at a higher level.

Aim for a minimum of 400 aerabytes a week (APW). 600 is better and you'll keep yourself in pretty good shape. If you want to achieve huge gains in your aerobic fitness, aim at 800 APW. As for the time it will take to get your 800 aerabytes per week, this will depend on the amount of effort you expend in each workout. What's happened in our sedentary society is that people do not realise just how little activity they do. Unless you have a manual job, the quickest way to get your aerabytes is to exercise with vigour for 200 or more minutes a week.

If you're diabetic or have high blood pressure you'd want at least 1000 APW a week to manage your condition.

Effort rating	Heart rate guidelines	Minutes each week to achieve 1000 aerabytes
0	< 90	
1/2 Rat power	< 100	2000
1 Too easy	100+	1000
2. Moderate	110+	500
3. Vigorous	120+	333
4. Hard	130+	250
5. Very hard	140+	200

These suggestions have been drawn up for people who are 40 years old. They are based on the premise that the estimated maximum heart rate (MHR) of a 40 year old is 180 beats per minute (BPM). 60% of that is around 100 BPM, 70% is around 125 BPM and 80% is around 140Bpm. They say you need to be exercising at at least 60% of MHR to make an improvement in aerobic efficiency. I think it's more like 70%.

Break your exercise sessions down into manageable units, day by day, week by week, month by month. You can purchase a copy of the Aerobic Fitness Diary by going to [www.fitandhealthyonline.com](http://www.fitandhealthyonline.com)

### INSPIRED AND MOTIVATED TO BE FIT AND HEALTHY

German philosopher, Nietzsche said, '*Learn to enjoy the things you need to do.*' For many people hearing that sort of stuff is likely to provide cold comfort, and yet it's probably true. One of the things we need to do in an affluent society is keep fit.

The following pages contain an outline of the benefits that come with exercising vigorously on a regular and systematic basis. Few people ever got fit by ambling around the block for 10 minutes at half rat power. The fit ones got fit through the vigorous expenditure of energy, the vigorous injection of oxygen into their body and the vigorous stimulation of their various elimination systems.

So, as much as you may not like doing it initially, once you start to experience the benefits of a vigorous aerobic exercise program you'll be inspired and motivated by the results to keep going. Staying focused on the benefits is a key to maintaining your exercise program. Start with the end in mind.

The corollary is that as soon as you start to become dysfunctional and dyseased you'll be able to recognise that something within your body is out of kilter and that it is highly likely that good working order can be restored by vigorous exercise (along with a better diet and mediation). Instead of (or as well as) a trip to the doctor, start exercising.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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When it's all boiled down you have to ask yourself the question 'Why do I want to be fit and healthy?' If you can't think of a good reason it's probably because you have plenty of reasons for being unfit and unhealthy!

If you're going to break the vicious cycle of inactivity you'll need all the help you can get. In particular you'll need to stay one step ahead of that part of your mind which says, 'Give up.'

It seems to be a tough assignment for most people to maintain the motivation to do the things they need to do to keep fit and healthy. The surgeries of the Western world are littered with people who either have never taken part in a fitness program or who started one and then gave it away.

Yet some people do manage to keep their level of motivation up and maintain a regular and systematic aerobic fitness program.

### FOUNDATION FOR A SUCCESSFUL AEROBIC FITNESS TRAINING PROGRAM

The foundation for a successful aerobic fitness program rests on seven pillars.

1. Write down your goals for being fit and healthy.
2. Get a coach and/or an exercise mate.
3. Develop a program.
4. Develop strategies for maintaining your exercise program; for instance do things like varying your program, cross training, exercising in different surroundings, on your own, with other people, in a class where you have to be there at a certain time ...
5. Exercise at a rate you can manage. Have hard workouts and easy workouts. Don't train so hard today that you can't train tomorrow. Get a heart rate monitor so you know exactly how hard you're exercising.
6. Monitor your progress. Establish a benchmark of your aerobic fitness at the beginning of your quest and at regular intervals thereafter.
7. Stay focused on the results you want to achieve. A goal is a dream with a deadline.

After you've done the initial fitness test use the contact form [at www.fitandhealthyonline.com](http://www.fitandhealthyonline.com) to send me an email and let me know how you went. Then, at any time over the next three months feel free to report back and let me know three things:

1. whether achievement has matched intention
2. how much you've improved
3. how much better you feel.

So what is it that's holding you back? What is it that's stopping you from being a regular, systematic and vigorous exerciser? Laziness? Ignorance? Stupidity? Attachment to a comfortable way of life?

### THE BENEFITS OF HAVING A HIGH LEVEL OF AEROBIC FITNESS

In affluent societies, regular, systematic, vigorous physical activity strengthens all of the major body systems and, along with diet and stress management is the foundation stone of good health.

#### Feel better

The most immediate benefit of physical activity is that you feel better. The mind is just another body system, and like all body systems works better when you're aerobically fit.

#### Stimulate the elimination system

The main players in the body's elimination system are the lungs, perspiratory system, lymphatic and blood systems, liver, digestive system and the kidneys.

#### Cool down an over stimulated sympathetic nervous system

We live in an age when more and more people have over-stimulated sympathetic nervous systems, particularly people cooped up in offices all day. The fight response that starts with the mind and then works through the endocrine system produces muscle tension, constricts blood vessels and alters a range of body functions.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### **Overcome insulin resistance**

The major cause of adult onset diabetes is insulin resistance in the muscles due to lack of regular, vigorous physical activity. Whilst physical activity will not cure a dysfunctional pancreas it will go a long way toward enabling diabetics to manage type II diabetes without medication.

### **Warm up an under-stimulated parasympathetic nervous system**

The gentle exercises, yoga, tai chi and walking have the effect of stimulating the parasympathetic nervous system and causing muscles to relax and blood vessels dilate. Endocrine function is restored to more normal levels. You feel better

### **Strengthen the immune system**

Vigorous physical activity stimulates corticosteroid production and the increase of white blood cells. When the immune system is strong, you are more resistant to colds and flu. You have an enhanced ability to deal with allergic reactions and you're less at risk of cancer.

### **Lower incidence of high blood pressure**

Elevated blood pressure is directly related to motion starvation. For the greater proportion of people, training aerobically, with vigour for 40 minutes each day will restore blood pressure to normal.

### **Increased aerobic efficiency and capacity**

You can expect a rapid improvement in aerobic efficiency once you start to train.

### **Reduced risk of heart attack**

Cardiac dysfunction usually comes at the end of a long chain of dysfunctions (autonomic nervous system, elimination system, liver ...). The status of all these systems is improved by regular, systematic and vigorous physical activity.

### **Clears the respiratory tract**

Every person with a regular aerobic training program knows that physical activity has a wonderful effect on clearing the respiratory tract. One wonders how it gets 'cleaned up' under normal circumstances without the stimulation of the lungs and warming of the body.

### **Reduced blood sugar and cholesterol levels**

A key ingredient in a glucose and cholesterol lowering program is regular and systematic vigorous exercise.

### **Stimulates the bowel**

Anyone who runs or exercises with vigour knows that the digestive system works better. One has to wonder at where the gas discharged during activity goes when there is no activity!

### **Fewer headaches**

There is an epidemic of headaches in this country. It is the most popular symptom of poor health that people experience (and ignore). Headaches have many causes. However, what we know is that people who are fit and healthy don't get them. If you want to have less headaches, do what fit and healthy people. They train.

### **Reduction in body fat**

It is a tough assignment in an affluent society expecting to stay at your ideal weight without a regular fitness training program. Once the activity level drops you can be certain that sooner or later you'll start stacking on the weight. A reasonable body fat for a man is less than 20% fat, and for women less than 30%.

### **More oxygen to the brain**

Physical activity ensures that your brain gets more oxygen. You feel better.

### **More energy**

There is a universal law which says that if you want more energy you need to use more up.

### **Stimulates the endocrine system to release of a range of 'good' chemicals**

When you exercise with reasonable vigour for about 30 minutes or more, your endocrine system clicks into gear. One of the better known effects is the release of endorphins (that is, naturally occurring opiates) from the brain brings about a naturally occurring high: - you feel better. You have more energy and vitality.

### **Increased libido**

Regular vigorous physical activity has a wonderful effect on improving libido. A lowered libido is a symptom of poor general health. It is dramatic evidence that a number of body systems are not working properly, from the head down. Increase your aerobic fitness and you'll end up lean as a greyhound and toey as a Roman sandal!



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### **Slows down development of osteoporosis**

Weight bearing exercise is essential for maintaining and increasing bone density.

### **Sleep better**

When you are vigorously physically active you need less sleep and you sleep better.

### **Discipline**

If you can learn the discipline of regularly and systematically exercising your body, it stands you in good stead for disciplining yourself to do other things in your life.

### **Distraction**

You experience an elevated mood state when you interrupt your normal daily routine with physical activity. It's like having your own little escape from reality.

### **Looking after your Self**

Being involved in regular physical activity is the most potent symbol of your ability to give back to your Self.

### **Break down the emotional and physical vicious cycle**

Whereas it is widely recognised that emotional states affect the body (psychosomatic), it is also the case that physiological states affect the emotions (somatopsychic). This is why one of the best things you can do when you're depressed and miserable is to exercise. The main benefit of physical activity is that you feel better.

### **Eat less**

Strange as it may sound, when you exercise regularly, systematically and vigorously you are less inclined to overeat and/or search out those extra high fat/starch/sugar snacks.

### **Social**

One of the great benefits of physical activity is being with other people. People often feel better when they are doing things in the company of other people. The secret of many a successful fitness program is having the mutual support of a buddy.

### **Introspection**

Exercising on your own provides an opportunity for introspection. As Thoreau said about his walks in the forest, *'I never found the companion that was as companionable as solitude.'*

*A man too busy to take care of his health is like a mechanic too busy to take care of his tools.*  
Spanish proverb



## 2. & 3. KEEP YOURSELF STRONG AND FLEXIBLE

Musculo-skeletal dysfunction has reached epidemic proportions in our community. The number of people with crook backs, stiff necks, frozen shoulders, bung hips, game legs, dicky knees and RSI is legion. The honour roll of people with artificial hips and knees is growing at an exponential rate. The public cost of lack of individual strength and flexibility and poor alignment is horrendous.

### STRENGTH

Strength is the ability of a muscle to exert a force. Lack of strength is one of the main contributors to musculo-skeletal injury. I estimate that 50 percent of people are not strong enough to push a pen or tap a keyboard without getting a crook back, sore shoulders or a stiff neck.

Muscle strength, tone and bulk can be enhanced by working against a resistance regularly and systematically. A workout, three times a week, that includes 12, 10, 8 and 6 repetitions of each exercise with an increasing resistance, will significantly improve strength and muscle bulk. And if you want to improve and maintain your strength without going to a gym, don't forget to do your pressups, situps, air bench and back arches on a regular and systematic basis

### FLEXIBILITY

Flexibility refers to the ability to maintain a wide range of movement about the joints of the body. Without regular stretching, muscles and tendons become shorter and the range of movement around joints decreases. I recommend the one minute flexibility program for people with crook backs and necks. Isometric stretching is also an effective way of loosening tight muscles.

### BENEFITS OF BEING STRONG AND FLEXIBLE

Bones do what muscles tell them to do.

In affluent societies there is an epidemic of musculo-skeletal dysfunction caused principally by motion starvation of the skeletal muscles. Strength, flexibility and postural aligning exercises tone muscles, get bones back into position and increase the ability of the body to do the things that normal fit and healthy people take for granted.

The diagnostic regimes are expensive and frequently useless, merely providing information about what the dysfunction looks like from the inside, rather than clues as to how it happened. For the most part a look in the mirror, a photograph or video clip would provide more information than an x-ray or MRI.

Unfortunate bad luck is passed off as the most usual suspect. Poor posture, lack of strength and flexibility or poor diet often don't get much of a look in.

The most frequently prescribed treatment is an anti-inflammatory tablet, a hot wheat bag and a rub down.

As these treatment regimes wear on, often with little effect, they regularly lead on to prolonged and expensive treatments and eventually mutilation when a cartilage or disc is given a shave; treatment no doubt, but not designed to restore the body to its designed state of function. In the main it's second rate treatment.

It's treatment based on an inadequate diagnosis of the cause of the dysfunction, which leads on to more dysfunction, not less and to greater rather than reduced dependence on the medical system.

For instance, osteoarthritis is, in many instances, an inflammation of the bone caused by two bones that are out of alignment rubbing against each other. In other cases it is related to poor diet. It is certainly not a lack of Celebrex!

### 'S' SHAPE, OR 'C' SHAPE

Your spine should be in a graceful 'S' shape. If it's a 'C' shape you're in strife!

When bones are out of alignment, ligaments, tendons, muscles, disks and cartilages will all feel the pinch. The pain is telling us to fix the alignment problem or start eating in a way which supports good muscle and bone function.



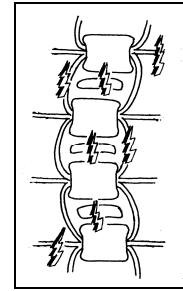


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

If you are suffering from musculo-skeletal pain, the good news is that with a few exceptions, the right amount of the right exercise, coupled with the right diet will restore function and leave you pain free.

I usually work on the Pareto principle, the 80:20 rule. By this I mean that for 80% of people, 80% of their musculo-skeletal dysfunction is eminently fixable, providing they work at it.

For some people, starting a general exercise program is sufficient to restore musculo-skeletal function to normal. In fact the dysfunction can disappear almost overnight.



### THE CAUSE

The epidemic of musculo-skeletal dysfunction is a symptom of bones that are out of alignment, caused principally by

- poor general physical condition - motion starvation
- lack of strength - the muscles aren't strong enough to keep the skeleton in correct alignment
- lack of flexibility - muscles that are too tight pull bones out of alignment
- uneven muscle development - happens to sports people and desk jockeys alike
- poor sitting posture. - it's not the chair it's the way that it's sat in.

### PRINCIPLES OF MUSCULO-SKELETAL DYSFUNCTION

1. Bones do what muscles tell them to do.
2. The cause of the pain is rarely at the site of the pain. It will be weak and tight muscles somewhere else in the body. eg a crook back goes well with tight calves, hamstrings, buttocks and back.

### FORMULA 1 REHABILITATION

It's a big ask expecting your musculo-skeletal dysfunction to get better by having someone do something to you. Sooner or later you have to do something to yourself, particularly strength and flexibility exercises.

Just as the technology developed in Formula 1 motor sport filters down to ordinary motor cars, so the rehabilitation of musculo-skeletal injuries benefits from the spin off from sports medicine, particularly in dramatically reducing the time for injuries to heal.

As well as what you can do for yourself, various therapeutic modalities, when used intensively will speed up the rehab process. Keep in mind though that what works for one person may not work for someone else. Some modalities will work wonders, others may be useless. You may need to experiment.

Taking the therapeutic route can be an expensive process. On the other hand the strength and flexibility program outlined in the following pages requires only a small amount of your time each day and may have a dramatic impact on musculo-skeletal function. The exercises have been drawn from many sources, particularly the Egoscue clinic in Dan Diego. If you're suffering from musculo-skeletal dysfunction I highly recommend you purchase Pete Egoscue's book '**Pain Free**'. You can do this by going to the bookstore at [www.fitandhealthyonline.com](http://www.fitandhealthyonline.com). Go to [www.globalbackcare.com](http://www.globalbackcare.com) for threew Global Back Care series of ebooks.

I frequently see people with musculo-skeletal dysfunction who have spent less time in a couple of years working on a systematic and intensive rehabilitation program than an elite athlete would spend in a couple of days.

It's my belief that if you're off work with musculo-skeletal dysfunction, your rehab program needs to be treated like a full time job. Lolling around waiting for something to get better is not a sensible rehabilitation strategy.

*Unfortunately the pain killers and anti-inflammatories have problems. They temporarily relieve pain, but in the long run they simply cover up the symptoms while the disease progresses further.*

Jason Theodosakis



The things that will have the most impact on improving your musculo-skeletal status are the things you do for yourself.

[illegible]

### Flexibility training

- 22 -

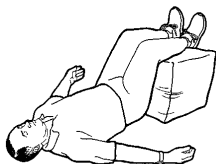




## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

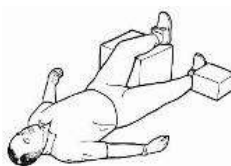
### EXERCISES TO KEEP YOUR BONES IN ALIGNMENT - mainly flexibility, some strength -

#### Static Back



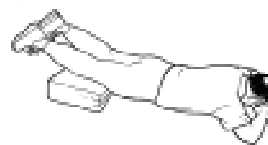
This is the most comfortable position for anyone with a crook back. Lie in this position for 20 minutes or more to settle down muscles attached to pelvis and spine.

#### Supine Groin Stretch



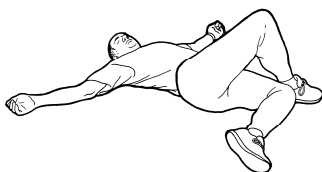
This is a gentle re-aligning exercise - 20 minutes one side, 20 minutes the other.

#### Reverse cobra



Place a cushion underneath your knees. Do this exercise for as long as you like.

#### Hip crossover



Start with the side of the heel of the right foot up toward the top of the left knee. Relax abdomen and spine and push the right knee further away from you. Then drop the right foot and left knee onto the floor on the left side of your body. Repeat on the other side.

#### Hip stretch



Tuck the left knee over the thigh of the right leg and then pull the right knee over onto the floor on the left side of the body. Repeat on other side.

#### Wall sit - back of legs stretch



Sit against a wall, legs straight, toes pulled back toward chest, thigh muscles tight, lumbar spine arched, shoulders and head pressing against the wall, chin tucked in. Do it for 2 minutes.

#### Buttock stretch



Start in the sitting position with both legs straight out in front of you. Bend the left leg and place it under the right. Then place the right foot over the left knee and sit up straight.

#### Reverse frog - knees out



Knees out, soles of feet together, chin on chest and front of pelvis on the floor. Let your feet hang down.

#### Cobra



Keep pelvis on the floor. Stretch upwards. Breathe out and feel lumbar spine loosening off.

#### Hamstring and thigh stretch



Start with feet together and extended. Swing the right leg out over the left and grab hold of the right foot with your left hand. Repeat on the other side.

#### Situp - normal



With arms extended on upper part of thigh, sit up so fingers touch bottom of kneecap. Vary it by having your feet held or feet on a chair.

#### Superman

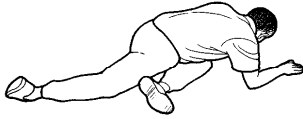


The king of back strengthening exercises. Lift knees and feet off the ground first, then the arms and chest. Hold for a minute,



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### Buttock stretch



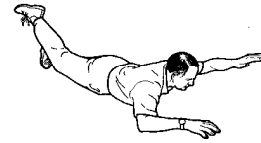
Place the right leg over the left, onto the knee and the laces and then slide it back. Prop on your elbows. Repeat with the other leg.

### Upper back stretch



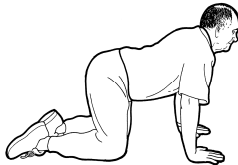
Stretch forward to give your back a really good stretch.

### Opposite arm and leg raise



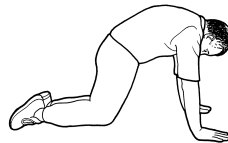
Stage one for back strengthening. Lift up one arm and the opposite leg. Repeat on the other side. Do ten slow repetitions on each side.

### Dog stretch



With hands close together under your chest, poke your bottom out and get a hollow in your lumbar spine. Breathe in. Alternate with cat stretch.

### Cat stretch



With hands close together under the chest, tuck the tummy in, push the pelvis forward and get a high arch in thoracic spine. Breathe out. Alternate with dog stretch.

### Supine frog - knees out



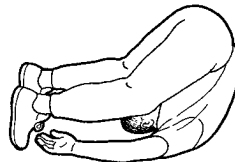
Knees out and soles of feet together. Tilt pelvis forward and back.

### Hip flexor stretch



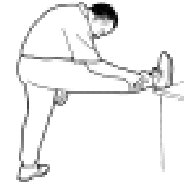
On one knee with the other foot well forward, pelvis arched and back straight. Stretch forward to loosen groin muscle at the top of the back leg.

### Back stretch



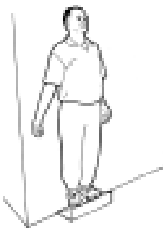
Take your heels back over your head. The first target is to get your feet on the floor; the second to get your knees on the floor.

### Hamstring stretch



Heel well supported, toe and shoulders pulled back. Sink chest closer to knee as you breathe out.

### Calf stretch



Stand with back to wall on a backward sloping board. Do it for 3 minutes. To increase the stretch, increase the slope of the board.

### Air bench



Sit against the wall, weight more on heels than toes, pelvis tilted back so lumbar spine is pressed against the wall, stomach muscles relaxed. Build up to 2 minutes.

### Pillow squeeze



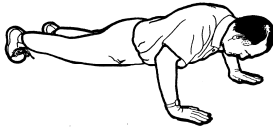
Sit up straight, hollow in lumbar spine and shoulders pinched. Squeeze pillow slowly, 15 times.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### NECK, SHOULDER AND ARM EXERCISES - mainly flexibility, some strength -

#### Pressups on feet



King of shoulder exercises

#### Pressups on front of thighs



Queen of shoulder exercises

There is an epidemic of shoulder dysfunction. If you're looking for something to blame, blame lack of strength first. Blame a body that's out of alignment second. The keyboard, mouse and chair will be vindicated.

When you can do 30 pressups, men on toes and women on front of thighs, report back! 30 is a reasonable score for anyone under the age of 70 to aim for.

#### Partner shoulder stretch



Start with hands on haunches. Get a partner to pull your elbows together to stretch the muscles at the front of the shoulders.

#### FIT AND HEALTHY PRESSUPS

Do one pressup and take a break for a couple of seconds. Do 2 pressups and take a break. Keep going (3, 4, 5...) until you've done 10 pressups. Then do 9, 8, and 7 ... with a break in between until you get back to 1 last pressup.

When you can do '10' **FIT AND HEALTHY pressups**, report back!

#### Wall clock



Stand with feet pigeon-toed and touching the wall with thumbs pointing out. Spend a minute with hands at 12 o'clock, 10 o'clock and parallel to the floor.

#### Doorway squeeze



Stand with one foot just inside a doorway and push forward to stretch the muscles of the shoulders. Do 20 repetitions.

#### Arm circles



With palms down and thumbs pointing forward circle arms forward 20 times. Turn palms up and circle backwards 20 times.

#### Shoulder blade pinch



Squeeze elbows back to pinch shoulder blades. 20 times.

#### Elbow squeeze



With knuckles on temples, swing elbows back as far as you can and then to touch at the front.

#### Upper neck stretch



Pull your head down into your armpit and stretch the muscles at the back of your neck. Do this for a minute each side.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### Shoulder stretch



With arms in the surrender position, wrists, forearms, heels and bottom touching the wall, lean forward, taking shoulders as far off the wall as you can. Do 3 sets of 10 repetitions.

### Neck isometric strength/stretch



Push the head against the hand for 7 seconds, relax and let head flop toward the shoulder. Repeat two more times then do the same thing with your head flopping toward the other side.

### Neck isometric strength/stretch



Turn your head to look out over your right shoulder. Push the head against the hand for 7 seconds, relax and turn head further behind you. Repeat two more times then do the same thing to the left.

## NECK STRENGTHENERS AND MOBILIZERS

### Neckups



Lift head up toward the chest 10 times

### Eye to shoulder



Lift head up a centimetre and then turn toward right shoulder and then the left shoulder. 5 times each side.

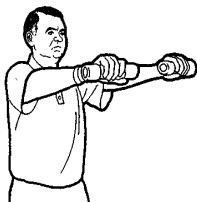
### Ear to shoulder



Lift head up a centimetre and then take right ear toward right shoulder and then to the left shoulder. 5 times each side.

## SHOULDER STRENGTHENER - with dumbbells - the one-minute arm and shoulder strengthener

### Arms to the front



4 repetitions

### Arms to the side



4 repetitions

### Arms above the head



8 repetitions

Do four sets of each of the three exercises - front, side, up - front, side, up...

## FOREARM STRENGTHENER

### With spring grip



Squeeze the spring in and out 20 times each hand.

### With dumbbell



Lift the weight 20 times with palm up, to the side and down. As you get stronger increase the weight.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### 4. EAT FROM THE TOP OF THE HOURGLASS

I now believe that the Diet Pyramid with its focus on only five food groups no longer provides adequate guidance on how to eat wisely in an affluent society. If it did we wouldn't have the current epidemic of obesity and major body system dysfunction. Eating wisely is fundamental to the health of **all** major body systems.

Based on my observation, we need to focus on **13 food groups** (this is a work in progress so the number might change) and not 3, 5 or 6 if we are to attain and then maintain an ideal weight and cope with the epidemic of body system dysfunction. This diet is neither a no-fat or no-carbohydrate diet. In fact what it aims to do is get the right mix between fat, protein and the very low, the low and high density carbohydrates, so that you get the essential nutrients your body needs without fattening yourself up.

If you find it easy to put on weight, **eat from the top of the Hourglass** - steer clear of the refined carbohydrates, the cereal-derived, starch-based foods like bread, pasta, breakfast foods, biscuits and cake, and including sugar.

Once you've tried out the Hourglass way of eating you will be in a good position to decide exactly how to eat wisely for the rest of your life.

#### EAT AND GROW THIN

Apart from a lack of discipline, the current epidemic of obesity is caused by too much high density food (particularly the carbohydrates) and too little high density exercise.

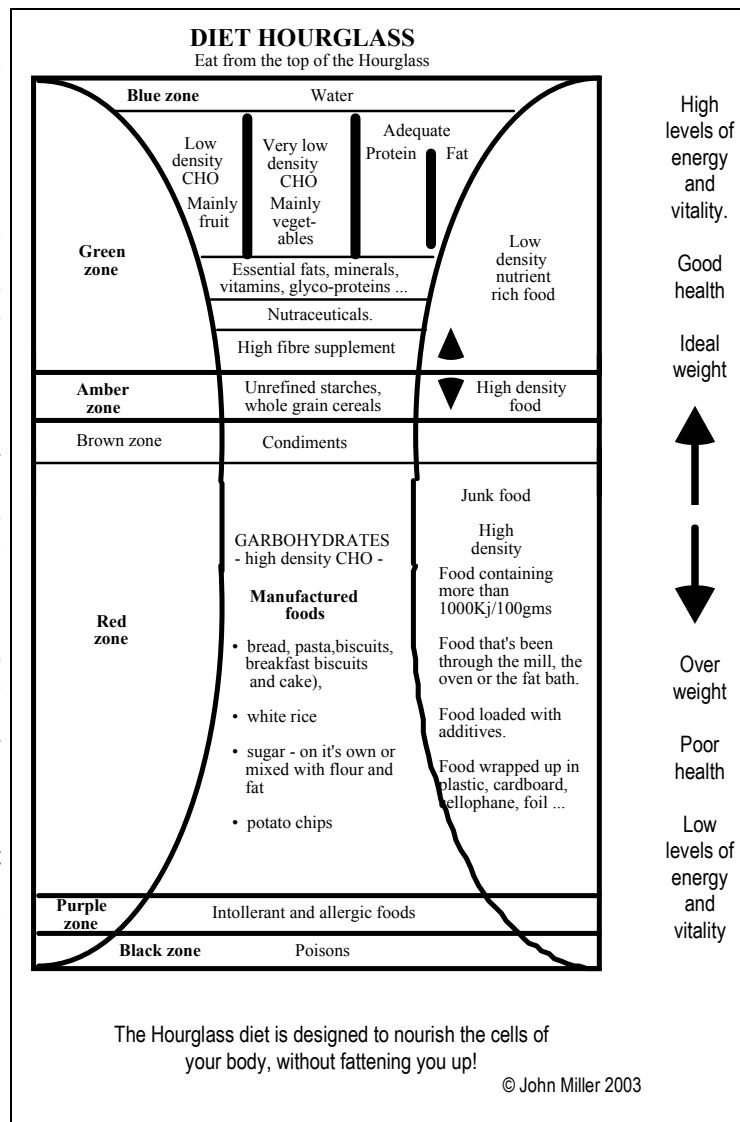
If you're the average punter who spends one half of the waking day chained to a desk and the other half to a couch, the further down the Hourglass you eat the fatter you'll get.

By using the Hourglass Diet you can adjust your eating habits so you can nourish the cells of your body, more easily maintain an ideal weight and have high levels of energy. If you can tame the insulin dragon fed by the carbohydrates you'll start to lose fat from your body and stave off diabetes.

If you eat from the **green zone** at the top of the Hourglass there is a good chance you will start to lose fat, particularly if you have a high density exercise program. By shifting the position of the dark lines you can choose whether to lose fat or gain it.

The greater the proportion of your diet that you're getting from carbohydrates, particularly the high density carbohydrates the more inclined you are to becoming fatter.

Once you're back to your ideal weight, stick with meals that consistently have plenty of vegetables and fruit mixed with lean protein. The fat will look after itself.



The foods in the **amber zone** are made up of the cereals, the high density carbohydrates, being in the 1200 - 1500kj/100gms range. You know they're cereals because they look like chook food. They're rich in fibre, vitamins and phytoestrogens.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

The foods in the **red zone** are the junk foods and junk meals; many of them manufactured from and with white flour and sugar. These are the foods in the 1000Kj/100gms - 2500Kj/100gms class, and we love them.

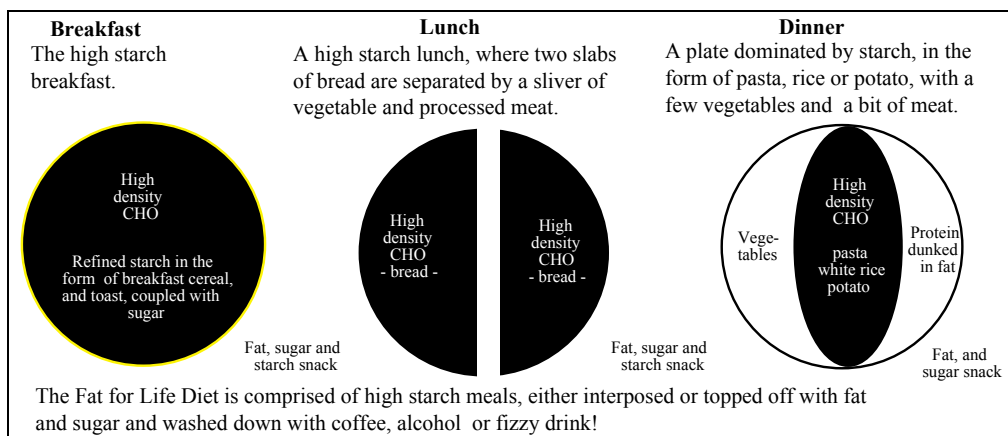
### 13 FOOD GROUPS - in an affluent society

<b>Blue Zone</b> 1. Water	The body needs plenty of water to function properly. They say that 8 - 10 glasses of water a day is wonderfully supportive of good body system function.
<b>Green zone</b> 2. Vegetables 3. Low density CHO 4. Protein 5. Fat 6. Essential vitamins, minerals, fatty acids, glycoproteins ... 7. Nutraceuticals 8. High fibre supplement	<b>This is nourishing, ideal weight food. Eat plenty</b> Very low density CHO - <b>less than 150kj/100gms</b> - mainly vegetables. Low density CHO. Fruit and a few vegetables, <b>less than 300Kj/100gms</b> . The body needs and adequate amount of protein. Protein is a medium density food, being <b>less than 1000 kj/100gms</b> . Eat fat in moderation. The body needs fat - in fact about 20% of your dietary intake needs to be in the form of fat. It's an essential nutrient. Our bodies are craving the essential nutrients, many of which are not obtained in sufficient quantity from the garbohydrate diet. 'Octane boosters' - ginkgo, echinacea, ginseng, hullo Vera, ginger ... Psyllium husk, raw oat bran, flax seed ... keeps things moving on the inside.
<b>Amber zone</b> 9. Unrefined cereals	<b>Unrefined, cereals - high density CHO</b> - Circa 1500Kj/100gms. - Brown rice, oats, cracked wheat, millet, barley ... High fibre
<b>Brown Zone</b> 10. Condiments	<b>Condiments - mayonnaise, gravy, milk, tomato sauce.</b>
<b>Red zone - Junk</b> 11. Garbohydrates - high density, refined starch CHO  • Flour • Sugar • Flour and sugar • Fat and flour • Fat and sugar • Fat, sugar and flour • Protein and sugar • Protein and starch • Protein, starch and fat • Protein, fat, starch and sugar	<b>High density, junk garbohydrates, convenience and diet-sabotage food. Principally white flour and sugar</b> , (plus the ubiquitous chips) on their own or mixed with fat and protein. Particularly the white flour based foods - bread, pasta, and breakfast biscuits. High density, refined sugar on its own, in junk drinks, lollies ... <i>Breakfast Biscuit Diet</i> . Some contain 30% sugar, before you put the sugar on top! <i>Fill Em Up Quick Diet</i> . Pizza, chips, dry biscuits, bread and butter ... <i>William Bunter Diet</i> . Ice-cream, chocolate, fudge ... <i>The Afternoon Tea Diet</i> . Cake, biscuits, pastries; bread with butter and jam! <i>The Diet Hoax Diet</i> . It's hard to lose weight eating products with 50% raw sugar. <i>The Meat and Potatoes Diet</i> . <i>The Western Multi-cultural Diet</i> . Deep fried fish <i>and</i> chips. Hamburger <i>and</i> chips. Deep fried chicken <i>and</i> chips. Hot dog <i>and</i> chips. <i>The All-American Diet</i> . A rissole, chicken or fish with chips, junk drink and a chocolate, keeping in mind though that the rissole will be vindicated.
<b>Purple zone</b> 12. Intolerant foods	<b>Intolerant and Allergic Foods - for some people and not others</b> Milk, grains, especially wheat, vegetables from the deadly nightshade family (tomatoes, potatoes, capsicum, chili ...), sulphides, amines and salicylates, chocolate, peanuts, prawns, alcohol, preservatives, flavourings, colourings, emulsifiers, surfactants ...
<b>Black zone</b> 13. Poisons	<b>Poisons</b> Environmental chemicals (pesticides, petrol ...), domestic chemicals (cleaning agents), personal care items (shampoos, deodorants, cosmetics ...), sugar, food preservatives, and artificial sweeteners, mixed with nicotine, paracetamol, dope, prescription medicines, ..., and washed down with alcohol and caffeine.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE GARBOHYDRATE DIET - how to eat to increase your body size!



More and more Australians are existing on a **Fat for Life Diet** containing a high proportion of high density, refined cereal products, (usually white flour based), topped off with fat and sugar and washed down with a junk drink. Whilst they think they are cutting down on calories by eating less fat, they may well be taking in more calories because of the elevated refined starch and sugar content of their diet. They're ending up with a starch guts, not a fat guts! The message to eat more bread, rice and pasta is, for many people, a message that is encouraging them to eat in a way, which fattens them up. After all, that's how they do it to cattle!

When you eat fat and starch together there is the tendency for the starch to get burnt off and the fat to be stored. You get fatter. When you eat the high density cereals, as opposed to the low density vegetables, some of the starch gets burned off, the rest is stored as fat. The starch foods can also increase your hunger, and when you get hungry you tend to want to eat more and eat more often. You get fatter.

### TO ATTAIN AND THEN MAINTAIN YOUR IDEAL WEIGHT

If you've got a weight problem, have three low-energy-dense meals and three low-energy-dense snacks each day. Keep the fire burning! What this means is that if you starve yourself, your metabolic rate goes down and you burn off less calories overall.

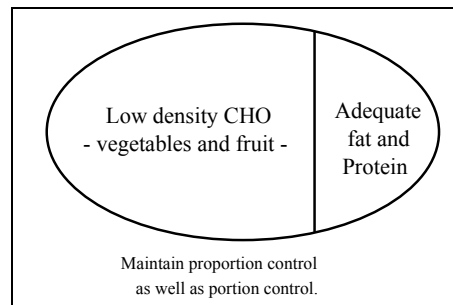
#### Meals

Cut out the high-density foods, fat, refined starch and sugar. Aim to eat 60-70% vegetables and fruit with 30-40% lean protein with most means.

At **breakfast** time you'll need to lose your attachment to packaged breakfast cereals and bread. Bread is a convenience food. You can avoid eating too much by having a good old fashioned cooked breakfast, last night's left overs, or fruit and/or vegetables mixed with whey protein ...

At **lunchtime** you'll need to lose your attachment to bread. Have a salmon salad, or some of last night's left overs.

At **dinner** time you'll need to lose your attachment to pasta, white rice and potato. Fill yourself up with lean protein and vegetables.



#### SNACKS

There are four types of snacks for people who want to lose weight.

Drink soup. If it comes in a can check to see if it contains less than 50 calories per 100gms.

Drink a whey protein-based, blended vegetable and/or fruit shake of vegetables and fruit. The whey protein will make your snack the 70/30 proportion of vegetables and fruit to protein as suggested for your three main meals.

Have a high protein snack - like a protein shake or some tinned fish.

Eat fruit and/or vegetables

#### HIGH FIBRE SUPPLEMENT INGREDIENTS

Psyllium husk An essential bowel bulking and lubricating agent that's 80% fibre. 40%

Raw oat bran High fibre coupled with cholesterol-lowering properties. 40%

Flaxseed A rich source of the omega 3, 6 and 9 essential fatty acids. 10%

Lecithin Important cholesterol lowering, fat emulsifying and liver detoxing agent. 10%





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### CHEMICAL INTAKE

Social drug use, including the use of junk pharmaceuticals has become an integral part of our culture, particularly for people who are over stimulated or under stimulated by their own lives. The effects on the body can be acute or chronic.

**Smoking** is not good for your body. It would much prefer you to breathe fresh air. Nicotine is a stimulant. If you smoke but would you like to give up, tell your *Self* to stop smoking!

**Alcohol** is a depressant. Why finish off a day's work with something that slows you down rather than picks you up? Alcohol is a poor aid to a good night's sleep. It has a half life of 5 hours. Therefore if you go to sleep at 11pm with a few drinks on board you may start waking up at 4am.

How long is it since you had an alcohol free day or alcohol free week?

**Caffeine** is a powerful stimulant found in tea, coffee, chocolate and cola drinks. Drink water, hot or cold. Limit yourself to a couple of cups of coffee a day.

**Sugar** is the most popular mood enhancing substance in our culture. Eating simple sugars stimulates a rapid increase in blood sugar, but in doing so stimulates insulin production, which quickly lowers it again, producing fatigue and loss of concentration. Eat more of the complex carbohydrates - fruit, vegetables and cereals.

**Artificial sweeteners.** If the junk soft drinks aren't pumped up with sugar, more likely as not they'll contain artificial sweetener.

Most **confectionery** has a high sugar content. Chocolate has high sugar, high fat and high caffeine. Instead of raiding the fat machines at work, stock up a larder with breakfast cereal, bread and preserved and raw fruit. Start a healthy eating fund.

The excess **salt** in the average Australian diet may contribute to high blood pressure. It's everywhere; in the water we drink, in every packet and tin.

**Television** is a depressant, robbing you of your time, your sleep and your vitality.

If you want to reduce your dependence on **analgesics**, conduct a rigorous examination of what it is that is causing you to have headaches. A headache is not caused by a lack of paracetamol. It could be mechanical, electrical, chemical or hydraulic. Australians purchase 75 million packets of paracetamol each year, each packet containing 24 tablets.

Australians are increasingly turning to **anti-inflammatory drugs** to mask the symptoms of bone degeneration caused by misalignment of bones, a junk food (flour and sugar) diet and lack of essential micronutrients.

**Sleeping tablets** induce a shallow form of sleep and you're still tired when you wake up Deal with anxiety. Increase your level of exercise, cut down on caffeine and alcohol and adopt a muscular relaxation, meditation and inner mental training strategy. You may actually need less sleep than you think. Anywhere from 5 to 8 hours will probably be sufficient.

Australia is awash with **anti-depressants**. There may be a time to take them, but not for long and not without a thorough diagnosis using a range of diagnostic tools. The therapeutic mix should include regular counselling, daily vigorous aerobic exercise, a carbohydrate (particularly wheat flour and sugar) free diet, a diet containing mood enhancing foods, no alcohol and a 21 day minimum away-from-home holiday.

While you're still taking anti-depressants you're not fixed. This is one area where junk medicine has taken hold of a metabolic and psychological dysfunction that has a multitude of causes. Simply blaming a depressed mood on a lack of serotonin in the brain and prescribing a selective serotonin reuptake inhibitor (SSRI) without measuring whether the brain is lacking in serotonin is poor medical industry form.

Whilst I don't want to make light of the black dog of clinical depression, stress, sadness, grief, anxiety, chronic tiredness and lack of sleep, job and home dissatisfaction and lack of fitness are not depression. If you feel dreadful, just ask yourself, 'What do I need to do to have a medication-free lifestyle?'

**Adult onset diabetes** is associated with lack of regular, vigorous physical activity, a high flour and sugar diet and being overweight. It's certainly not due to a lack of Metformin! This is another metabolic dysfunction ripe for treatment with junk, medicine.

To reduce **blood pressure** lose weight, exercise vigorously on a regular basis (try 1000 aerabytes a week), adopt a lower fat, low flour and sugar diet, give up the grog, limit salt intake, reduce stress and don't smoke. It is definitely not caused by a lack of Avapro.

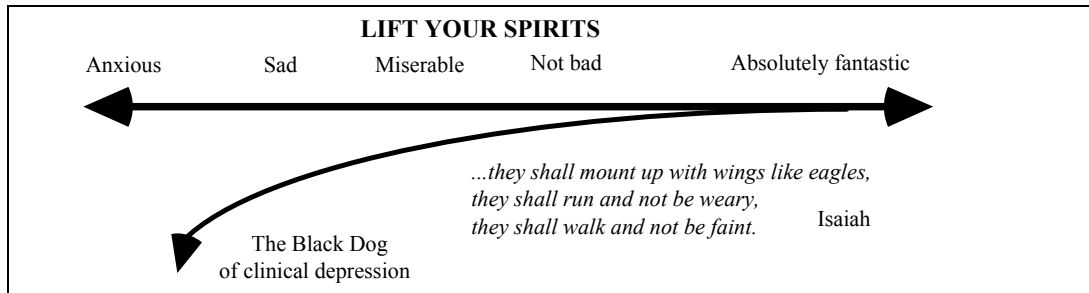


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### 5. MANAGE THE STRESS OF YOUR LIFE

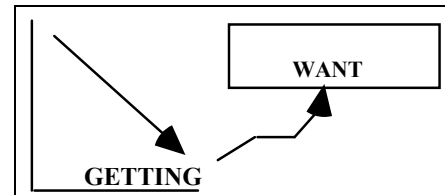
#### DEFINITION OF STRESS

There is an epidemic of dysfunction of the mind. The number of people who are anxious, sad and depressed is increasing at a dramatic rate. If you want less stress in your life, do what unstressed people do.



Stress is the distance between what you're getting and what you want. If you know what you want and you're on the way to getting it, you feel fantastic. If you know what you want and you're not on the way to getting it, you feel wretched.

If one of the brick walls of life is stopping you from getting what you want you can start to feel sad, miserable or unhappy. You can lose energy and vitality.



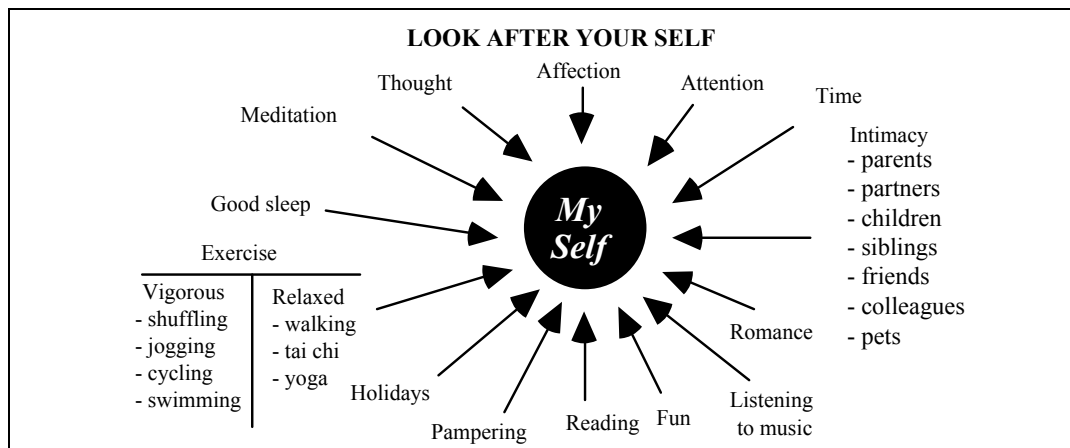
If you experience these symptoms, sit back for a moment and think, "What do I need to do to fix up the cause of my stress?" Of course, for many people, the great stress of life comes from not knowing what they want and having to put up with what they're getting. Stress is the distance between potential and achievement. You can be pretty certain you'll start feeling stressed when your Self comes to an understanding that you are not achieving your full potential as a human being.

We feel distressed when

- we're not getting enough - of the things we want
- we don't have a clear idea of what we really want out of life
- there is a gap between potential and achievement
- there is an imbalance between the demands of life and our capacity to deal with them
- when we're not giving enough back to our *Self*.

#### GIVE BACK TO YOUR *Self*

Stress is the rebellion of the *Self* against lack of attention.



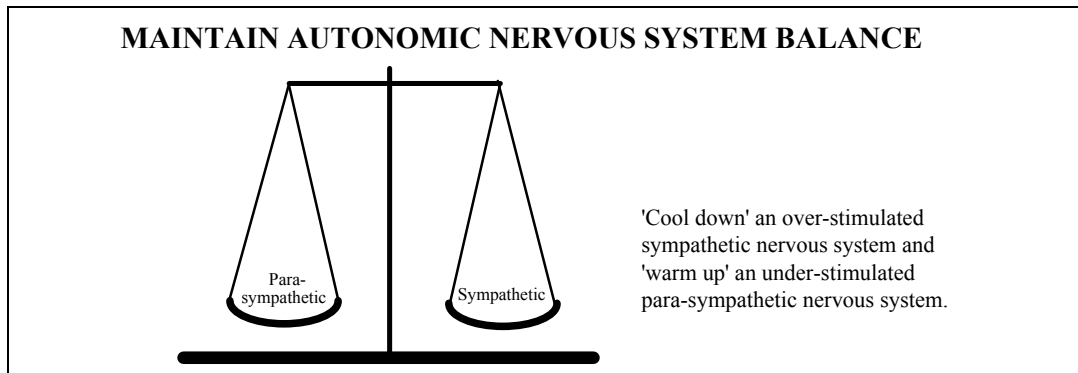


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE AUTONOMIC NERVOUS SYSTEM

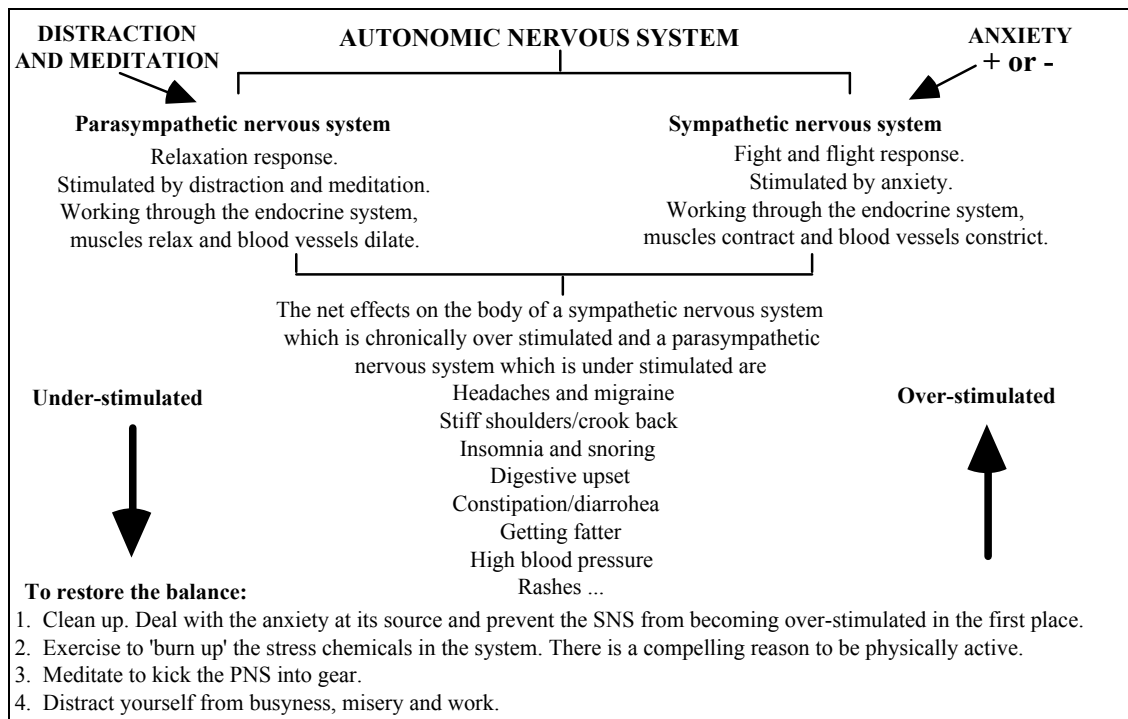
The autonomic nervous system runs sub-consciously the essential processes of your body like digestion and respiration, all of it under unconscious control. You don't have to worry about your heart rate, when to take the next breath, what's happening to your breakfast, it's all automatically controlled from the spot in your brain known as the limbic system.

It has two 'branches' the sympathetic nervous system, designed to help the body deal with stressful situations (whether they be good or bad), and the parasympathetic nervous system designed to bring the body back to a relaxed state of homeostasis.



The autonomic nervous system governs many of the major functions of the body, digestion, respiration and brain activity ...

The autonomic nervous system is a bit like the air conditioner in a large building. Just as the air conditioner ticks over quietly in the background, maintaining a steady temperature all day without the inhabitants being aware of what's happening, so the autonomic nervous system ticks over in the background managing body system functions and helping them to meet the demands of changing conditions.





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE STRESS CYCLE

When we get stressed the body reacts in a flight and fight response. This is a normal, healthy function. However, the body was not designed to be aroused for extended periods of time. We need a balance of arousal and relaxation.

The stress cycle was originally developed as part of a primitive response. Man would be confronted by beast. Man would get frightened and run away. Once the crisis was over he returned to his normal calm self. The running contributed to the calming process by burning off the stress chemicals in the blood stream.

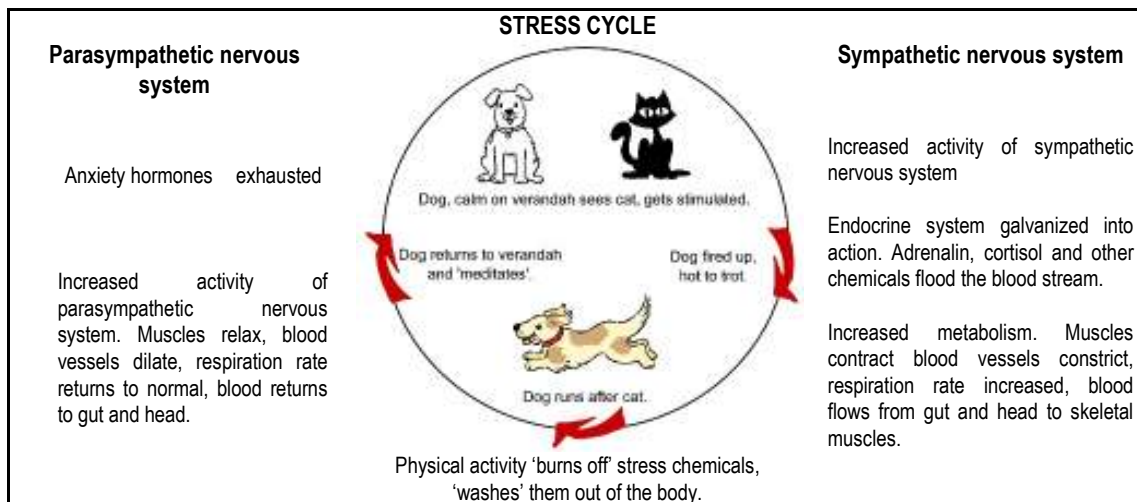
In the modern world, we get excited more often by nervous stress than wild beasts. And with chronic stress, every minute, hour, day, week, month, year and decade see us gradually getting more and more stressed. This is why blood pressure creeps up slowly over the years, particularly for busy people.

But, whilst we still get all the reactions of the flight and fight mechanism, we don't burn off the chemicals through physical activity or rest up to induce a state of calm.

### ARE DOGS SMARTER THAN HUMANS?

In the illustration of the stress cycle, imagine a dog, sitting, nicely relaxed on the verandah. He sees a cat and becomes stimulated. The sympathetic nervous system is activated. The adrenal glands produce increased amounts of adrenalin and other chemicals, causing muscles to tense, pulse to quicken, blood pressure to rise, blood sugar level to increase, breathing to become more rapid and blood to flow from the gut and the head out to skeletal muscles.

The dog runs after the cat, and in doing so burns off the stress chemicals. He then comes back to the verandah and 'meditates'. The physical activity and the meditation combine to 'cool down' the over active sympathetic nervous system and 'warm up' the under-stimulated parasympathetic nervous system.



The body uses physiological mechanisms to tell us we're stressed. Headaches, tight muscles, insomnia, fat gain, elevated blood pressure ...) are the **background noise** that accompanies stress. It is not normal. It is a warning that you can choose to listen to or ignore. The usual treatment you'll get in a surgery is the prescription for a pill to mask the symptom.

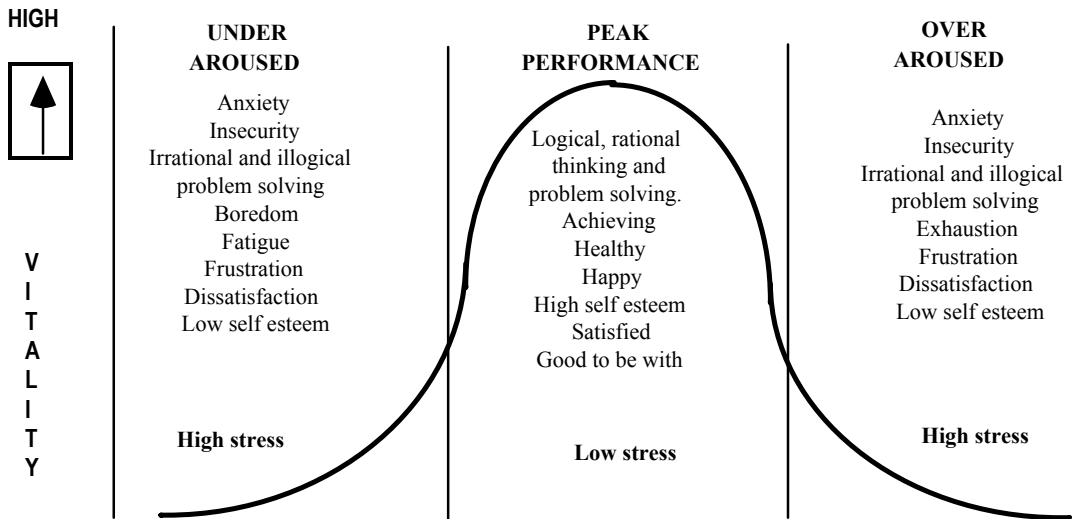
*Better to hunt in fields for health unbought,  
Than fee the doctor for a nauseous draught.  
The wise, for cure, on exercise depend;  
God never made his work for men to mend.*  
John Dryden



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### PEAK PERFORMANCE

You'll know from the signals your body gives you whether you're in the peak performance zone. Both the under-stimulated and the over-stimulated experience many of the same symptoms.



LOW

### PAST, PRESENT AND FUTURE

#### Complete the past

One of the things that stresses people is carrying the past with them into the future. You've been programmed – most of it good, some of it not so good. This programming has been stored in your subconscious in the form of habits, attitudes, values and beliefs. Some of this programming goes way, way back. The Jesuits said 'Give us the child and by seven we'll give you back the adult.'

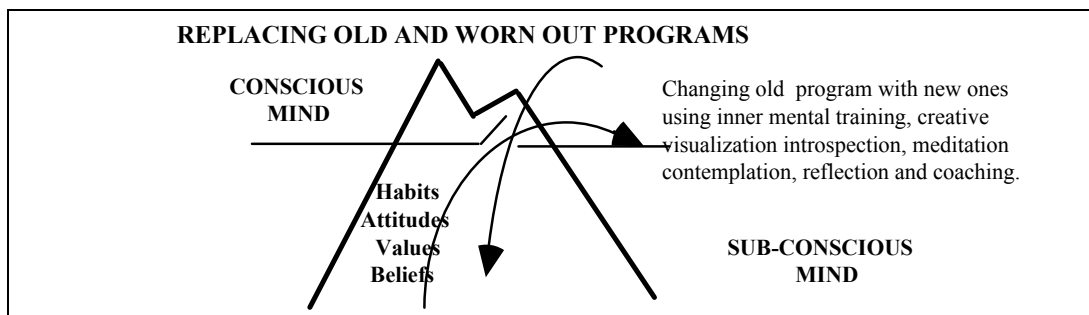
If there were things in the past that you feel are holding you back, then there's a fair chance that you'll be dragging them along with you – like a ball and chain. If it bothers you go and see a good counselor.

#### Live the present

The average Australian goes to work, comes home, has a drink, has tea, sits down in front of the TV for three hours, goes to bed, has trouble sleeping and then drags themselves out of bed the next day and does it all again. If you want to break this cycle, start doing the things that fit and healthy people do to put vitality into their present; read, get engrossed in a hobby, go out, play sport, keep fit, have friends around ...

#### Create a powerful future.

If the past and the present are pretty bleak, there's a fair chance the future will be much that same, unless you do some to change the situation. The thing to change is you. Things change when you change. These changes will be stimulated by your thinking and that in turn will be stimulated by what you read, who you talk to ...



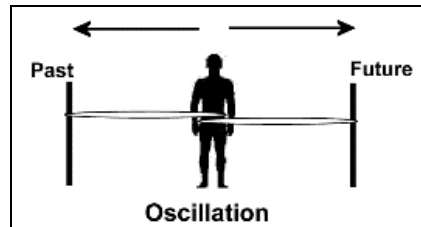


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### VISION

There are two posts, one representing your future, the other representing your past and you are stuck in the middle with a rubber band around you and around each post. As you move forward into the future the rubber band from your past pulls you back to your past. As you move back to the past the rubber band from the future pulls you forward to your future. Either way you feel the continuous stretch of the oscillation.

You feel like you're getting nowhere. The oscillation drains you of energy and vitality. You're not focused on anything in particular. You keep getting more of the same. And because the future keeps moving out in front of you, you end up feeling like you're going backwards.



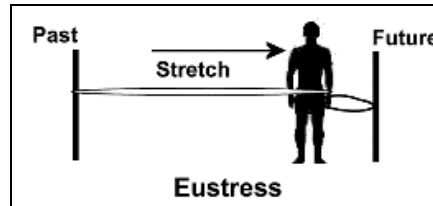
From Robert Fritz, 'The Path of Least Resistance.'

For most people life is an oscillation between the past and the future. (Goodness knows what happens to the present!) And of course you cannot go very far in life, if every 1 step forward is followed by 1 step back.

### MOVING FORWARD

#### INVESTMENT

Time  
Effort  
Money  
Thought



#### REWARD

Health, family, career  
and finances ... improve bringing with it.  
- happiness  
- joy  
- ecstasy

If you have a powerful vision of what you want for the future of the big things in life – health, family, career, finances ... - you'll be drawn toward your future like a magnet attracting iron filings. You will feel the stretch from your past. It is a form of stress but it's a good form of stress, known as **eustress**. You can put up with it because you can see the prize, you can feel that things are getting better.

#### Investment

To be drawn into the future you will need to make an **investment** – in time, effort, money and thought and you'll need to be disciplined and persistent. You'll move forward when vision, goals, faith, commitment and action are strong enough to overcome inertia, repetition, resistance, laziness, and attachment to the past.

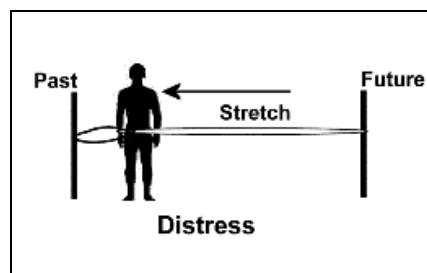
#### Reward

However, if you make an investment, sooner or later you'll reap a reward – you'll achieve the things you're aiming at. And when you do that the achievement is accompanied by happiness, joy and even ecstasy.

### GOING BACKWARDS

#### COST

Health, family, career  
and finances ... get worse bringing with it.  
- sadness  
- misery  
- anxiety



#### REGRET

If the goal isn't strong enough it becomes easier to lose ground and move back toward not having what you want.

There is no happiness, no joy, no ecstasy, no sense of achievement. Life spirals down into despair and dependence.

If you choose to go back to the past you choose the zone of irresponsibility – you end up relying on other people to look after you. The rubber band attached to the future post gets stretched. However in this case you end up with distress.

#### Investment

There is no investment, just a **high cost**. The big things in life get worse. Your health gets worse, your family situation gets worse, your career gets worse, you're always in financial distress.

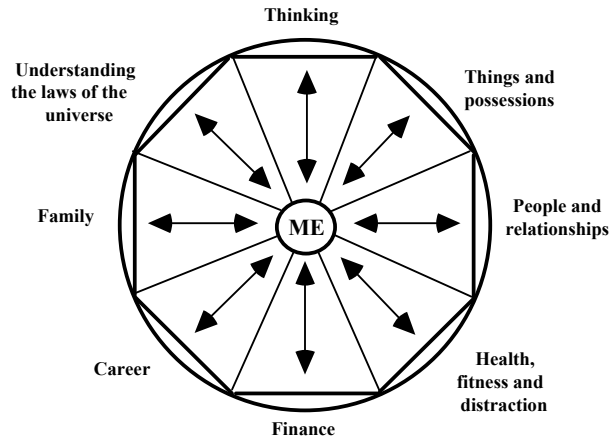


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE GREAT WHEEL OF LIFE

Life is stressful. In order to reduce the stress you need to focus on all the major aspects of your life. I've selected eight key areas.

You feel good when you feel that you are being supported by each of the areas. To get and then maintain that feeling you will need to set goals for each area and work on them regularly.



### LAWS OF THE GREAT WHEEL OF LIFE

1. When you have the feeling that you're being supported in life you feel good.
2. It is generally the case that people want to be supported by each area.
3. To stay supported you have to keep focused on each area. ie. you have to have goals.
4. If one or more areas are not supporting you, you feel wretched.
5. It is usually the case that when you're feeling sad, miserable and depressed, there is more than one area letting you down.
6. Stress generated in one area is bound to show up as stress in other areas.
7. Stress showing up in one area may be generated by another. eg. a lowly paid job may be the cause of financial difficulties.
8. Fixing up one area of your life may produce an improvement in other areas.
9. If you're looking to fix up your life, it doesn't much matter where you start. Choose the area that's going to give you good results in the shortest possible time. Getting fitter works wonders.

### GOALS

People without goals generally have the belief that they cannot successfully predict a future that is much different from their past or present. Of course they can't. In fact most people aim at nothing in particular and achieve their aim with remarkable accuracy.

The metaphors of sport provide good lessons for life. What team or individual would ever be successful if they didn't have winning as a goal, or if they didn't train. Winners can laugh and losers can please themselves. The disgraced Lance Armstrong said, 'It feels better having won.' As in sport, as in life.

The main reason for having goals and writing them down is to

- enhance the degree to which you can predict your future
- give yourself something to aim at
- give yourself something by which we can measure your progress.

Many people think that having goals in their head is sufficient. It works for a few. 'Ordinary mortals' tend to 'fall asleep' or forget what their goals are unless they are written down in a place where they see them regularly.



### 6. CAREER SATISFACTION

Wouldn't it be good to have a job you loved doing so much that you'd do it for nothing, but which you did so well you were paid handsomely? As both the Buddha and Confucius said, find that job and you don't have to do another day's work in your life.

#### PERSONALITY

Wouldn't it be good to find a job that suited your personality.

You may have completed a personality test – like Myers Briggs or 16PF. If you haven't and you'd like to, search for these tests on the internet or seek advice of your employee assistance program.

In his personality inventory, 'How People Tick', Adelaide management consultant, Des Hunt has synthesized the Myers Briggs profile down to four birds:

- **eagles** - gravitate to positions of influence and leadership
- **owls** – introverts – solicitors, accountants, computer programmers
- **peacocks** - showoffs – physed teachers, seminar presenters, entertainers
- **doves** – supportive people – personal assistants, nurses, counsellors ...

If you find yourself struggling in your job it might be because the job doesn't suit your personality.

If you find it hard to get on with some people it might be because your personalities clash. Peacocks and owls can find it difficult to get on with each other. Doves might find other people climbing all over them, interrupting them.

#### INTELLIGENCE STRENGTHS

Wouldn't it be good to find a job that suited your intelligence strengths?

There are any number of different intelligences

- mathematical
- literary
- verbal
- physical
- musical
- visual/spatial – artistic
- interpersonal – like working with others
- intrapersonal – like working on your own
- emotional.

And there's more – mechanical, financial ...

Traditionally we've been brought up to believe that mathematical and literary intelligence are the only two intelligences that matter. Schools love people with maths ability and who also have a high level in intrapersonal intelligence. They sit down shut up and get on with their work.

On the other hand if you have high levels of physical, musical and artistic intelligence you can come away from school thinking you're a dunce.

If tennis, swimming, football and the drums were year 12 subjects I might have come away with a tertiary entrance score of 90, instead of 33!

One of the smartest boys I knew probably didn't exhibit a great deal of mathematical or literary intelligence at school, but he inherited a keen commercial sense from his father and an ability to tune and drive cars that was second to none. He won the 1973 Singapore Grand Prix and in 1983 won Le Mans. Not bad for a Whyalla boy! His name? Vern Schuppan.

So find a job that suits your intelligence strengths.





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### BEYOND INCOME

Work provides us with more than just the income to support body and life. If

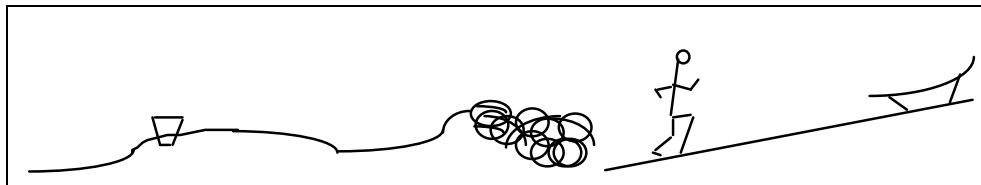
- you enjoy your work and find it interesting
- you're putting in effort and getting out satisfaction
- you have personal mastery over what you do
- your focus is on learning as well as earning
- you see your role as being important and useful
- you feel you are making a valuable contribution to your community
- you're growing and developing as a human being
- you're moving forward to where you want to be, either inside or outside the organisation you currently work for,

then chances are it will be reflected in a rich and fulfilling life.

### TURBULENCE

The world and organisations are changing rapidly. What was once a safe and secure environment is now a turbulent one. Watch out you don't get dumped! If you're not focused on your career options expect to take whatever comes your way. It could be a tsunami!

You can choose to cruise on the ocean wave, put up with the turbulence of the surf, or run up the beach and lie on the banana lounge.

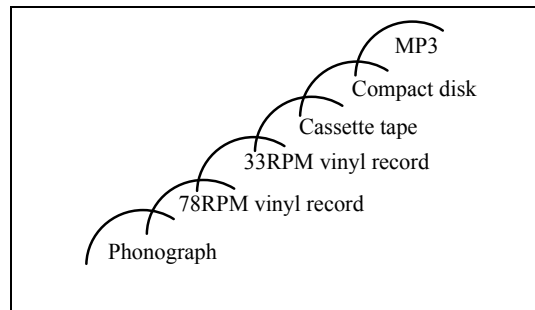


### ORGANISATION LIFE CYCLE

Just as products have life cycles, and just as products come and go, so do organisations. In the diagram opposite, each music recording process has been taken over by the next development in technology. There wouldn't be much of a future working for a company still making records.

You need to be aware of the life cycle of the organisation you're working for. Is it on the way up, is it stable or on the way down?

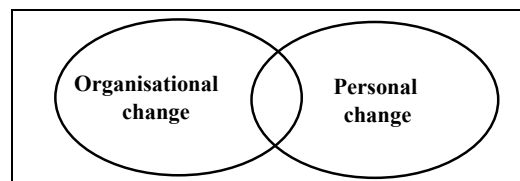
If you're looking to maximize your security you want to go to an organisation that's making products that are increasing in demand and value. It is also quite likely that you'll enjoy your job more if the life cycle of the organisation suits your personality and if it matches your life cycle.



### CHANGE

Personal change precedes and attends organisational change. Things change when you change. There are no secure jobs, only secure people.

It is difficult to fit into an organisation that's changing if you're not changing.



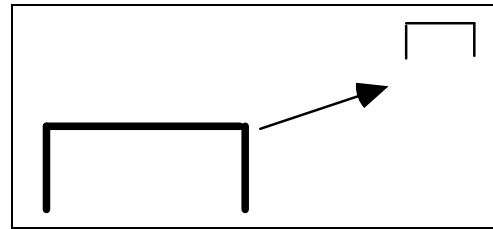


## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### WHERE IS YOUR ORGANISATION GOING

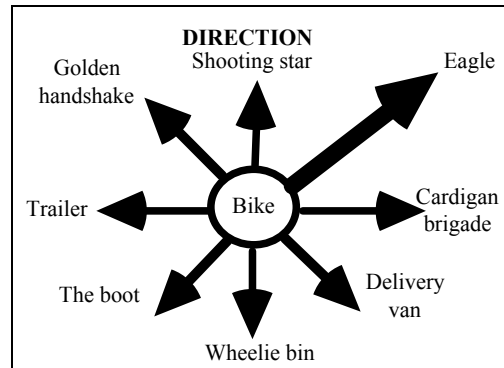
Organisations have goals which shift and change character. If you're not aware that change is taking place, or you're not keeping up with the times, you can get left behind. You'll end up stressed out of your brain.

The question is not just where is your organisation going, but where has it gone?



### WHICH WAY IS YOUR CAREER GOING?

You've got any number of choices to make about your career. Which way is it going at the moment?



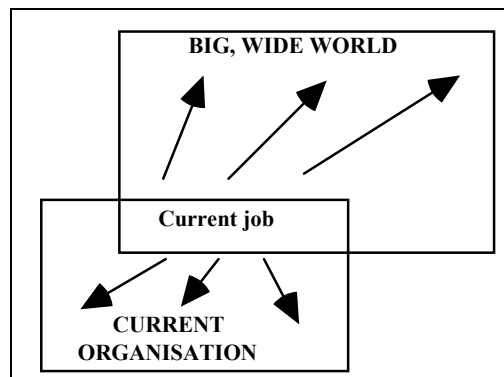
### CAREER OR JOB?

If all you've got is a job it's usually a 'bloody job'. However if you've got a career you've probably got a job you love doing it so much you'd do it for nothing - but you're being paid handsomely.

The Buddha said, 'Find the job you'd love to do and you won't need to work.'

Because we spend so much time at it, work plays a central role in our lives. It shapes and develops the way we live in just about every area of our life. We have the capacity to choose for it to make us happy or miserable.

Are you preparing yourself for your next career move, either within the organisation you work for, or out in the big, wide world?

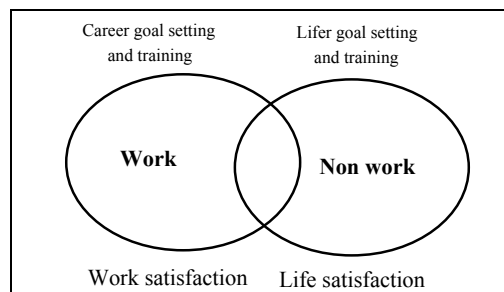


### BALANCING THE WORK / NON-WORK EQUATION

Do you have a clear idea of why you're doing the work you do?

Are you seeking the balance between the work and non-work aspects of your life?

Does the organisation you work for believe in developing people through work?



### MORALE

Our morale is usually good when my morale is good. Have you ever thought what you could do to improve morale. Something very simple could have a profound effect.

*Last time I came to your seminar I was in the mood to change my job. After the session and when I'd had time to think about it I realized that I didn't need to change my job, I needed to change myself.*

Seminar participant whose career satisfaction score went from 55 to 77.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### THE ULTIMATE JOB.

Wouldn't you like to have a job that you loved doing so much you'd do it for nothing, but which you did so well you'd be paid handsomely?

### SECURITY

There are no secure jobs, only secure people. Helen Keller said something to the effect that there is no security in nature. In this day and age, expecting things to stay the same is an irrational thought.

### CAREER VISION

Unless you want to end up in a job you don't want, are unsuited for and don't enjoy, you'll need a career vision and a regular and systematic training and appraisal program.

### SUITABILITY

When the job you're in doesn't match your interests, intelligence strengths, personality, cognitive style, aptitudes, values and abilities there is great potential for insecurity, stress and anxiety.

Despite the fact that we all volunteer for our jobs, if we aren't aware of what we really want from our work, and if we're not training for the next job, then is often the case that sooner or later something will go wrong.

### CUSTOMER FOCUS

Don't look for a job. Look for a customer?

### MANAGEMENT

The four laws of management

1. Manage yourself.
2. Manage up, ie manage your boss!
3. Manage out, ie manage your relationship with your work colleagues
4. Manage down, ie if you're good at the first three, there is a good chance they'll give you some people to manage.

### FEEDBACK AND APPRAISAL - one hour per month

In corporate health assessments I often find that the appraisal question is the worst answered question in the book. If that's the case with you, I suggest *you initiate* a one-hour feedback and appraisal session each month with your supervisor, and/or several other people who act as your management group. This way there is less likelihood that the big annual one will be so forbidding for you or your manager. Take your manager out for morning tea once a month - and pay for it. It will be one of the best investments you'll ever make. Read 'Maverick' by Richardo Semler and decide whether you want to involve others in your appraisal, as well as you and your manager.

### WORK EXPANDS

C. Northcote Parkinson said that 'Work expands to meet the time available'. The people I see with the highest stress levels in the workplace are usually people who stay at work too long and who don't take a lunch. Hello!

### DISTRACTION

The people I see, who are highly stressed, don't have good distraction strategies. They stay at work too long. They don't look forward to the end of the day with the positive expectation of doing something interesting. They go home and plonk themselves down in front of TV.

### THE BIG PICTURE

The people I see who are highly stressed have often lost focus on the big picture for their own life. No-one on their death bed ever said 'I wish I'd spent more time at the office'

### HOLIDAYS

The people I see who are highly stressed often don't take their holidays or long service leave. Leonardo da Vinci said, 'Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen. Paul Pearsal in his book Superimmunity said you need a 21 day away from home holiday every year. A week is not enough to wind down and recharge your batteries.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### 7. MEDITATION

Meditation is one way of getting in control of our bodies and your minds. It is a particularly good way to stimulate the parasympathetic nervous system. When that happens, muscles relax and blood vessels dilate to the very core of your body. You feel more relaxed generally and your blood pressure comes down.

The brain operates on a range of brain-wave patterns, measured in cycles per second.

Cycles per second	Brain wave type	Mind state
14 - 20	Beta	Awake
7 - 14	Alpha	Daydreaming
4 - 7	Theta	Sleep
Below 4	Delta	Deep sleep

#### MEDITATION AND STRESS MANAGEMENT

At the Alpha level we experience the state of deep relaxation which is very useful in managing stress; calming the body and re-establishing equilibrium within the nervous and endocrine systems.

To get into the Alpha state when you are awake, sit or lie comfortably, close your eyes, take a deep breath and as you breathe out count from 3 down to 1 and relax.

Ainslie Meares worked for 30 years as a psychiatrist and used meditation extensively in the treatment of psychosomatic and psychoneurotic illnesses. He died in 1986, but his books are widely read and still readily available. (Ainslie Meares *Life without Stress*. Viking O'Neill 1991 Ainslie Meares *Relief without drugs*. Angus and Robertson 1995)

Here is some of what he had to say about meditation.

*You may well ask: 'What is the purpose of experiencing this meditative state for a few minutes each day?' The answer is that it reduces the level of our anxiety.*

*The effects of meditation include inner peace, better interpersonal relationships, clearer thinking, increased work capacity, better sexual relationships due to less tension, absence of disturbing dreams, and smoother physical reactions often shown in better performances in sport.*

*The key to management of our stress lies in those moments when our brain runs quietly in a way that restores harmony and function.*

*It does not require long periods of meditation to obtain relief from stress. Ten minutes twice a day has produced dramatic relief in some hundreds of people who have consulted me professionally.*

*To get the full effect of meditation, it is important not to do it when too tired.*

#### DISTRACT YOURSELF

The people I see who are most stressed are the people who can't distract themselves from being busy and miserable.

The average Australian goes to work, goes home, has a drink, has tea, sits down and watches television, goes to sleep, wakes up and goes to bed, can't sleep, gets up the next morning tired and does it all again. No wonder they're stressed out of their brain.

If you can't find time to

- get away from the desk at lunch time and go for a walk
- exercise
- go for a decent holiday each year
- meditate
- mix with friends
- go to the pictures in the middle of the week
- read a book
- conduct a good romantic life,

it's time you woke up to yourself. Get a life!



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### SLEEP

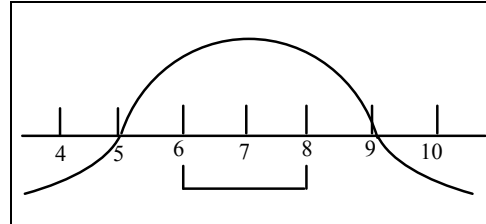
Sleep is one of the first casualties of stress. You can't get to sleep, you wake up in the middle of the night and you wake up tired in the morning.

The number of hours sleep we need is a highly individual matter. Whilst Percy Cerutti, famous and eccentric athletics coach said, '6 hours for a man, 7 hours for a woman and 8 hours for a fool', I would think that somewhere between six and eight is about right for most people.

There is a **normal** spread of hours from 5 through to 9. Some people even get along very well with just 4 hours sleep a night. It is all they need. For most healthy, stimulated people 9 hours is too much.

Nathan Pritikin said that if you don't have time for exercise take an hour off your sleep. You'll need less sleep and you'll sleep better.

You need to find out just how much sleep you really need. The fact that you lie in bed tossing and turning may be your body's way of telling you that you need less sleep. In which case, go to bed later or get up earlier and go for a run.



### SECRETS OF GETTING A GOOD NIGHT'S SLEEP

#### 1. Clean up anxiety

Complete the past, live the present and create a powerful future.

#### 2. Physical activity

Twenty minutes vigorous physical activity is the springboard to better sleep. People who take part in regular physical activity can expect to need only 6 - 7 hours sleep a night.

#### 3. Muscular relaxation

Get into the Alpha state and consciously relax the muscles in your body from the head down to the toes and drift off to a deep and relaxing sleep. As you breathe out say the word 'sleep' to yourself.

I recommend you use a **relaxation tape** to help get you off to a relaxed and gentle sleep. You can get my relaxation MP3 from [www.fitandhealthyonline.com](http://www.fitandhealthyonline.com)

When you are ready to go to sleep, put on the tape and let yourself drift away. You will wake up refreshed, relaxed, revitalized and re-invigorated next morning.

#### 4. Lay off the grog

Being a depressant alcohol will help put you to sleep. However, the half-life of alcohol (four hours) means that your sleep will be disturbed mid-way through the night.

#### 5. Focus your thinking

Most people are told to go to bed, they are not taught to go to sleep. When the 'monkeys are chattering', distract the left brain from its busy-ness by focusing on one thought.

#### 6. Lay off the caffeine

Some people could drink 20 cups of coffee a day and they'd sleep like kittens. Others may only have one cup and it's enough to keep them awake.

#### 7. Reduce your fluid intake

Having to get up to go to the loo breaks the sleep pattern. Then you may not be able to get back to sleep.

#### 8. Steer clear of sleeping tablets - treat the cause of your sleep dysfunction

Sleeping tablets fail to produce the rapid eye movement (REM) deep sleep required for the body to recover naturally and then prepare for the next day.

#### 9. Teach yourself to go to sleep using inner mental training

Train yourself over a 21 day period to go to sleep using the Silva white board and marker technique.

#### 10. Take a holiday

Being stressed, anxious and unable to go to sleep may be a reminder that you need a long holiday.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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### A WORD ABOUT METABOLIC HEALTH

We're in an era when there is an epidemic of metabolic dysfunction. It's recognised by its symptoms.

- |                       |                         |                         |
|-----------------------|-------------------------|-------------------------|
| • aerobically unfit   | • snoring               | • diabetes              |
| • over-weight         | • sleep apnoea          | • elevated blood fats   |
| • high blood pressure | • headache              | • elevated cholesterol  |
| • depression          | • tired, lacking energy | • cardiac insufficiency |
| • sleeplessness       | • low libido            | • irritable bowel ...   |

More than a million adult Australians are on high blood pressure medication and over 800,000 have adult onset diabetes. The cost to the public purse of cholesterol and triglyceride reducing medication is approaching a billion dollars a year. 70% of adults identify themselves as over weight. Of those, 70% would be more than 10kg over their ideal weight.

Looking at figures like this you'd have to be forgiven for thinking that any one who said the health of the nation was improving was talking through the back of their neck. You'd have to say we have some serious health problems in this country. And when you look closely at the problem, it's not disease we're talking about, it's body system dysfunction.

Cardiovascular dysfunction, stroke and adult onset diabetes are the symptoms of poor health which come at the end of a long and gradual chain of dysfunctions of the autonomic nervous system, various aspects of the elimination system and the liver, and generated principally through

- an inability to cope with the stress of living
- lack of oxygen getting into the body through regular, vigorous physical activity (and smoking)
- food from a high fat, high sugar, high starch diet that lacks essential nutrients.
- a dysfunctional elimination system.

leading firstly to obesity, high blood pressure, elevated levels of cholesterol and blood fats and the 'normal' symptoms of disease, like headaches, crook guts, lack of energy ... and then onto the big dysfunctions of cardiovascular dysfunction, stroke and adult onset diabetes.

### BLOOD PRESSURE

Blood pressure is said to be normal at 120/80 for men and 120/70-80 for women.

To reduce **blood pressure** exercise regularly and vigorously, eat from the top of the Hourglass, and meditate. On top of that deal with your stress, drink less alcohol, eat less salt and *'what ever you do, don't smoke'*. In the main, people who train regularly and vigorously have normal blood pressure levels. They are closer to their ideal weight. For every kilogram of fat you lose your blood pressure will come down 1mm of mercury.

### ADULT ONSET DIABETES

The principal risks for adult onset diabetes are a carbohydrate diet and lack of regular, vigorous physical activity. The carbohydrates cause an elevation of blood glucose levels, which stimulate an increased production of insulin in the pancreas. The glucose in the blood is destined for use in working muscles. If the muscles are not active enough to burn up the glucose, it is left to an over-worked pancreas to pump out more and more insulin. Too many years of this and the pancreas gives up and becomes dysfunctional. You end up with sustained high blood glucose levels. The over-production of insulin is also the principal cause of fat being deposited around the body. Eat from the top of the Hourglass and get 800 aerabytes a week.

### OBESITY

Being overweight is one of the first symptoms of metabolic dysfunction. It goes hand in hand with a low density exercise program and high density food.

### CHOLESTEROL

Another symptom of metabolic dysfunction is elevated blood cholesterol levels, which, when it's all boiled down is a symptom of an unfit, stressful body, lack of essential vitamins and minerals and an under stimulated elimination system.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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If the body can't get rid of the cholesterol that is excess to its requirements, then the level builds up and may eventually be deposited within the arteries of the heart.

Cholesterol is a white waxy substance. 70% of the cholesterol in our bodies is produced in the liver from whatever food we eat, particularly the carbohydrates. The other 30% comes from what we eat, principally, especially foods high in saturated fats. The body needs it in optimal amounts for the efficient operation of cell membranes.

### Lowering cholesterol

An elevated level of cholesterol is not caused by a lack of Lipitor. Taking cholesterol lowering drugs before you've exhausted all avenues to get yourself back into exceptionally good nick is not a wise thing to do. For starters there are the side effects - which you can look up for yourself on the internet. Then, as soon as you stop taking the medication the cholesterol level goes up again. And also, in many circumstances the number to treat is enormous in order to save one heart attack. Keep yourself fit and healthy, eat wisely and don't smoke and you lower your risk of heart dysfunction dramatically.

Don't fall for the trick of masking this symptom of metabolic dysfunction with a pill.

### HOMOCYSTEINE

Homocysteine is an amino acid in the blood. Epidemiological studies have shown that too much homocysteine in the blood (plasma) is related to a higher risk of coronary heart disease, stroke and peripheral vascular disease. Other evidence suggests that homocysteine may have an effect on **atherosclerosis** by damaging the inner lining of arteries and promoting blood clots.

Homocysteine levels are strongly influenced by diet, as well as by genetic factors. The dietary components with the greatest effects are folic acid and vitamins B6 and B12.

### C-REACTIVE PROTEIN

Since inflammation is believed to play a major role in the development of coronary artery disease, markers of inflammation have been tested in respect to heart health. CRP was found to be a major marker of this inflammation and of risk of high blood pressure and cardiac insufficiency. The CRP test may therefore be added to the screening battery of cholesterol and other lipid tests to detect people at risk for a heart attack.

### TRIGLYCERIDES

The triglycerides are another form of lipoprotein. High triglyceride levels tend to go with low HDL levels and as such pose a risk to cardio-vascular dysfunction. Triglyceride levels provide an indication of how well the body's fat storage mechanism is working. High levels are symptomatic of a dysfunctional elimination system, a liver that's not working properly. It is stimulated by thyroid dysfunction, a high fat (particularly high trans-fatty acid) and high carbohydrate diet, obesity, diabetes, alcohol and lack of vigorous physical activity. A good score would be less than 3.5(mmol/l).

### DEPRESSION

Whilst it is not widely known, aspects of depression are related to the physiological impact of low levels of aerobic fitness and essential vitamins and minerals – especially omega 3 fats and meditation.

Low serotonin levels are believed to be the cause of many cases of mild to severe depression that can lead to symptoms such as anxiety, apathy, fear, feelings of worthlessness, insomnia and fatigue. The most effective way of raising serotonin levels is with vigorous exercise. Studies have shown that serotonin levels increase when physical activity levels are increased. The production of serotonin is increased for some days after the activity. This is the safest way of increasing serotonin levels and many other benefits result from regular exercise.

Serotonin levels can also be controlled through the diet. A diet deficient in omega-3 fatty acids may lower brain levels of serotonin and cause depression. Complex carbohydrates raise the level of tryptophan in the brain resulting in a calming effect. Vitamin C is required for the conversion of tryptophan into serotonin.

### REDUCING THE RISK OF METABOLIC DYSFUNCTION

The risk of metabolic dysfunction is reduced by embarking on a lifestyle prescription that includes the Seven Habits of Fit and Healthy people. Very few people ever got fitter or healthier in a surgery or a pharmacy.

So don't ask what your chemist can do for you, ask what you can do for yourself.



# Profiles of Health Fitness and Wellbeing

*We violate the design sense every minute of every hour of every day. By so doing, the body cannot operate according to design; the functions go into limbo and are never utilized again. This inevitably and inexorably leads to pain.*

Pete Egoscue





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### HEALTH CLIMATE SURVEY

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realise how stressed you are until you complete this questionnaire but your body does. The body is incapable of dishonesty!

**Circle the number** appropriate to the degree to which you experience the symptoms on the left hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page.

	None		Not much		A fair bit		A lot					
	0	1	2	3	4	5	6	7	8	9	10	
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10	
2. Lack of energy and vitality	0	1	2	3	4	5	6	7	8	9	10	
3. Candida - jock itch, thrush, tinea, furry tongue	0	1	2	3	4	5	6	7	8	9	10	
4. Poor sleep. (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
5. Snoring and/or sleep apnoea (Use gas mask, score 10)	0	1	2	3	4	5	6	7	8	9	10	
6. Musculo-skeletal dysfunction: joint and muscle pain	0	1	2	3	4	5	6	7	8	9	10	
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10	
8. Unsettled stomach, reflux. (If on medication score 10)	0	1	2	3	4	5	6	7	8	9	10	
9. Overweight - 1 point for every 2Kg overweight	0	1	2	3	4	5	6	7	8	9	10	
10. Irritable bowel, constipation, diarrhoea, piles ...	0	1	2	3	4	5	6	7	8	9	10	
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10	
12. Low level of fitness*	0	1	2	3	4	5	6	7	8	9	10	
13. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10	
14. Rashes, zits, skin outbreaks, psoriasis, itchy skin	0	1	2	3	4	5	6	7	8	9	10	
15. Mouth ulcers, cold sores ...	0	1	2	3	4	5	6	7	8	9	10	
16. Elevated blood pressure (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
17. Elevated blood cholesterol (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
18. Elevated blood glucose (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
19. Shakes, nervous tics and mannerisms	0	1	2	3	4	5	6	7	8	9	10	
20. Grinding teeth	0	1	2	3	4	5	6	7	8	9	10	
21. Drinking too much alcohol (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10	
22. Smoking too many cigarettes (1 point per cigarette per day)	0	1	2	3	4	5	6	7	8	9	10	
23. Drinking too much caffeine (1 point per cup per day)	0	1	2	3	4	5	6	7	8	9	10	
24. Anxious about life, insecure, apprehensive about the future	0	1	2	3	4	5	6	7	8	9	10	
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10	
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10	
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10	
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10	
29. Are you unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10	
30. Are you unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10	

The score of a normal, fit and healthy human being is less than .....

TOTAL



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### FITNESS PROFILE - a good score is a high score

1. Are you keeping yourself **fit and healthy** to the best of your ability?

No										Yes	
	0	1	2	3	4	5	6	7	8	9	10

2. The body is an ecosystem. What was your score on the **Health, Climate Survey**? .....

>120	110	90	80	70	60	50	40	30	20	<20
------	-----	----	----	----	----	----	----	----	----	-----

3. **Fatness.** How close are you to being your **ideal weight**? Scores based on the number of kilos of body fat over what you consider to be your ideal weight.

Current weight .....	Ideal weight .....	Percent body fat .....						
Kg over ideal wt	<25	<20	<15	<10	<8	<6	<4	<2
% fat men	<35	<30	<28	<26	<24	<22	<20	<18
% fat women	<45	<40	<38	<36	<34	<32	<30	<28



4. **Lower body strength - squat**

How many full squats can you do in 90 seconds. Bottom must get as close to your heels as possible. Use a heel raise if you need to.

<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10



5. **Abdominal strength - sit-ups.** Number in 90 seconds.....

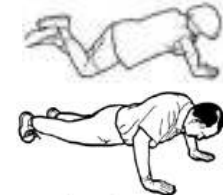
<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10



6. **Upper body strength - press-ups.** Number in 90 seconds.....

Men on toes, women on front of thighs.

<7	7	10	15	20	23	25	30
0	4	5	6	7	8	9	10



7. **Flexibility - sit and reach**

In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm		Wrist	
0	4	5	6	7	8	9	10



8. **Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 7.

Poor			Just			Good			Excellent		
0	1	2	3	4	5	6	7	8	9	10	



9. **Aerobic fitness - 5 minute, 20m lap run.** Laps .....

<22	22	24	26	28	30	32	34	36	38	40
0	1	2	3	4	5	6	7	8	9	10



10. **Aerobic Training sessions per week** - of at least 30 minutes with hear rate over 120.

		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

Total



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### MUSCULO-SKELETAL RISK FACTOR PROFILE

1. **Current musculo-skeletal condition**

Wretched										Terrific
0	1	2	3	4	5	6	7	8	9	10

2. **Fatness.** How close are you to being your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight. Current weight ..... Ideal weight .....

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

3. **Lower body strength - squat**

How many full squats can you do in 60 seconds. Bottom must get as close to your heels as possible. Use a heel raise if you need to.

<8			8	10	12	14	16	18	20
0			4	5	6	7	8	9	10

4. **Abdominal strength - sit-ups.** Number in 60 seconds.....

<3	3	5	7	10	13	15	17	20	23	>25
0	1	2	3	4	5	6	7	8	9	10

5. **Upper body strength - press-ups.** Number in 60 seconds.....

<3	3	5	7	10	13	15	17	20	23	>25
0	1	2	3	4	5	6	7	8	9	10

6. **Flexibility - sit and reach**

In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch			Fingers			Palm			Wrist
0			4	5	6	7	8	9	10

7. **Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0. If you can only just sit up without falling over score 4.

Poor										Good
0	1	2	3	4	5	6	7	8	9	10

8. **Shoulder function - wall test**

Stand with you back to the wall. Place your hands in the surrender position with elbows, forearms, wrists and fingers flat back on the wall. Score 10 if you can do this with ease.

Poor										Good
0	1	2	3	4	5	6	7	8	9	10

9. **Strength training**

Do you have a regular and systematic strength training program for your back, shoulders neck, torso, arms and legs - sessions per week?

No										Yes
		1			2					3
0	1	2	3	4	5	6	7	8	9	10

10. **Flexibility training**

Do you have a regular and systematic flexibility training program for your back, shoulders, neck, torso, arms and legs - sessions per week?

No										Yes
		1			2					3
0	1	2	3	4	5	6	7	8	9	10

Form follows function. Bones do what muscles tell them to do.

**TOTAL**



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### DIET PROFILE

1. **Body Composition** How close are you to being your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight. Current weight ..... Ideal weight .....

>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

2. Do you eat a **decent breakfast** or is it just flour and sugar? Don't score more than 6 if it's just flour and sugar.

No										Yes
0	1	2	3	4	5	6	7	8	9	10

3. For your weight do you eat a **high fat** diet?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

4. For your weight, do you eat a **high flour and sugar** diet?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

5. Do you eat predominantly from the top of the **Hourglass**: - plenty of vegetables and fruit mixed with adequate protein and fat?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

6. How many glasses of plain, unadulterated **water (ore green tea)** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

7. When you look at your health, do you believe you're getting enough of the **essential vitamins, minerals, fatty acids and glycoproteins**?

No										Yes
0	1	2	3	4	5	6	7	8	9	10

8. Do you **eat too much**?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

9. Are you ruled by your **addictions and cravings** to foods which are not good for you?

Yes										No
0	1	2	3	4	5	6	7	8	9	10

10. Does the **back end** of your system work like a charm? - score low if you have an irritable bowel or diarrhoea, are constipated, and/or have piles.

No						1		2		3
0	1	2	3	4	5	6	7	8	9	10

If you want to be fit and healthy, eat how fit and healthy people eat!

**TOTAL**

If you're living in the junk food world there is a good chance you'll have a low score.



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### CHEMICAL INTAKE PROFILE

1. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Tick the box if you're ready to give it away. ☐

2. How many standard **alcoholic drinks** do you have a week?

High					Low					Nil
>20	20	15		13		11		9		7
0	1	2	3	4	5	6	7	8	9	10

☐

3. Do you drink too much **caffeine**? How many cups of coffee or cola drinks do you have a day? We live in a high caffeine culture!

Yes					No				
>8	8	7	6	5	4	3	2	1	
0		3	4	5	6	7	8	9	10

☐

4. Are you a **high salt eater**? If you add lots of salt to your food; if you eat a lot of salty food (chips, nuts, Vegemite, processed meat, take-aways, canned food...), score low.

Yes					No					
0	1	2	3	4	5	6	7	8	9	10

☐

5. How do you rate your reliance on **anti-inflammatory** tablets?

Score 0 if you're currently on them.

High					Low					Nil
0	1	2	3	4	5	6	7	8	9	10

☐

6. How do you rate your reliance on **headache and pain killing** tablets?

High					Low					Nil
0	1	2	3	4	5	6	7	8	9	10

☐

7. Are you on **sleeping** (tranquillisers, hypnotics, relaxants) tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

8. Are you on **anti-depressant** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

9. Are you on **blood pressure** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

10. Are you on **diabetes** tablets?

If 'yes' score zero. If 'no', score 10.

YES

☐

NO

☐
☐

Who's in charge here?

Want to stop smoking? Tell your *Self* to stop buying cigarettes!

TOTAL

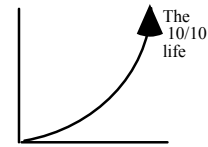
☐



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### STRESS RISK PROFILE

This profile is based on the habits of unstressed people.



1. Rate your ability to manage the stress of your life. The more stressed you are the lower the score

Low			Medium				High			
0	1	2	3	4	5	6	7	8	9	10

2. Do you get a good night's **sleep**? Do you get enough sleep, do you get to sleep quickly, do you sleep like a log and wake up refreshed in the morning?

No			Yes							
0	1	2	3	4	5	6	7	8	9	10

3. What was the longest number of **consecutive days holiday** you had away from home the last 12 months?

			7			14				21
0	1	2	3	4	5	6	7	8	9	10

4. Are you keeping yourself **fit and healthy** to the best of your ability?

No			Yes							
0	1	2	3	4	5	6	7	8	9	10

5. Is there **balance** in your life? Do you have good **distractors** that switch you off from being busy and miserable and which give you great pleasure?

No			Yes							
0	1	2	3	4	5	6	7	8	9	10

6. Do you **take time off** at lunch time to get away from your desk and get some fresh air? Score high if you exercise with vigour at lunch time.

No			Yes							
0	1	2	3	4	5	6	7	8	9	10

7. What is the average number of **hours you work** each week - if you have young children include work-work and domestic work?

	65		60		55		50		<45	
0	1	2	3	4	5	6	7	8	9	10

8. Are you good at giving back to your **Self**? Do you spend time thinking about your **Self**? Do you give your **Self** the time and attention it is craving?

No			Yes							
0	1	2	3	4	5	6	7	8	9	10

9. How many times a week do you **meditate**, for 10 minutes or more?

0		1		2		3		4		5
0	1	2	3	4	5	6	7	8	9	10

10. Are you happy with your **family** (and romantic) **life**?

Not at all			Very							
0	1	2	3	4	5	6	7	8	9	10

To better manage your stress, do the things that unstressed people do!

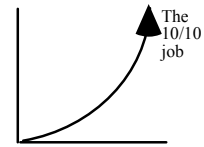
**TOTAL**



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### CAREER SATISFACTION PROFILE

This profile is based on the habits of people who are in the right job and love their work.



1. How close are you to doing **the job you'd really love to be doing**? This is the job you'd love to do so much you'd do it for nothing, but which you did so well you'd be paid handsomely.

Miles away. I'm there

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

2. **Are you in the right job for now?** Do you enjoy your work?

No Absolutely

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

3. How stressful do you find your job. Is it giving you life or sucking life out of you?

Sucking Giving

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

4. Are you focused on your **career options** or are you leaving them to chance?

Unfocussed Focused

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

5. Do you get good feedback from your manager?

No Yes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

6. Do you receive an appropriate **financial reward** for the work you do?

No Yes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

7. Do you feel that you and your work are **valued** and **appreciated**?

No Yes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

8. Do you work for an organisation that **cares** about people, including yourself?

No Yes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

9. Do you **enjoy the company** of the people with whom you work?

No Yes

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

10. What's the level of **morale** like in your work group?

Dreadful Fantastic

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

☐

If you want to enjoy your work, do what people who enjoy their work do.

**TOTAL**

☐



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### METABOLIC HEALTH PROFILE

Poor metabolic health is a sign of risk of cardio-vascular dysfunction, stroke and diabetes.

1. What was your score on the **Health, Fitness and Wellbeing profile** on page 46?

High										Low
>120	120	100	80	70	60	50	40	30	20	<20
0	1	2	3	4	5	6	7	8	9	10

2. **Body Composition.** Are you about your **ideal weight**? Scores based on number of kilos of body fat over what you consider to be your ideal weight.

No								Yes		
>20	<20	<18	<16	<14	<12	<10	<8	<6	<4	<2
0	1	2	3	4	5	6	7	8	9	10

Scores based on percent body fat .....

M	>40	<35	<30	<28	<26	<24	<22	<20	<18
W	<45	<45	<40	<38	<36	<34	<32	<30	<28
	0	3	4	5	6	7	8	9	10

Current weight ..... Ideal weight ..... Percent body fat .....

A reasonable % body fat for men is less than 20 and for women less than 30.

3. **Blood Glucose level** - mmol/l ..... Preferably fasted. Score 0 if on medication.

Poor					Good				
>10	<10	<9.0	<8.5	<8.0	<7.5	<7.0	<6.5	Less than 6	
0	1	2	3	4	5	6	7	10	

4. **Cholesterol level (Unfasted)** - mmol/l .....

Poor										Good
>8.5	<8.5	<8.0	<7.0	<6.5	<6.0	<5.5	<5.0	<4.6	<4.3	<4
0	1	2	3	4	5	6	7	8	9	10

5. **Blood pressure - systolic** ...../ (The higher figure.)

Normal is 120 for men and 110 - 120 for women. Score 0 if on medication.

Poor					Good				
>160	<155	<150	<145	<140	<135	<130	<125	<120	
0	3	4	5	6	7	8	9	10	

6. **Blood pressure - diastolic** ...../ (The lower figure.)

Normal is 80 for men and 70 - 80 for women. Score 0 if on medication

Poor					Good				
>100	<100	<97	<94	<90	<87	<84	<80		
0	4	5	6	7	8	9	10		

7. Do you **smoke**?

If 'yes' score zero. If 'no', score 10.

NO

☐

YES

☐

8. **Aerobic fitness** 5 minute, 20m lap run. Laps .....

Poor										Good
<22	22	24	26	28	30	32	34	36	38	>40
0	1	2	3	4	5	6	7	8	9	10

☐

X 3

☐

A score below 70 is an indication of risk of cardiac malfunction.

TOTAL

☐

Any score below 7 can be regarded as a 'strike' against you.

Your metabolic health risk factor score can be improved dramatically with regular, vigorous physical activity, eating from the top of the Hourglass and meditation. If you are at high risk we suggest you pay a visit to your fitness practitioner, naturopath or physician. Of course an estimate of low risk may not mean you are immune from metabolic dysfunction!

Your metabolic health risk is assessed as

Low

Medium

High

• Over 70

• Between 50 and 70

• Less than 50





## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### PERSONAL HEALTH, FITNESS AND WELLBEING AWARD

This composite profile aims to provide an estimate of your health, fitness and wellbeing. High score = low risk. Three stars or better on the **Personal Health and Fitness Award** at the bottom of the page is a good score.

		Point score		Profile score
Musculo-skeletal function	Leg strength		x 1	
	Abdominal strength		x 1	
	Upper body strength		x 1	
	Flexibility		x 1	
	Functional mobility		x 1	
Metabolic function	Aerobic Fitness		x 4	
	Fatness		x 2	
	Blood glucose		x 1	
	Cholesterol		x 1	
	Systolic blood pressure		x 1	
	Diastolic blood pressure		x 1	
	Smoking No = 10 Yes = 0		x 1	
Personal empowerment	Health, Fitness and Wellbeing profile - score from page 47, question 2		x 2	
	Stress Management - Total/10		x 1	
	Work satisfaction - Total/10		x 1	
	TOTAL OUT OF 200			
	TOTAL OUT OF 100			

PERSONAL HEALTH AND FITNESS AWARD			
<50	No award	<input type="checkbox"/>	
50+	★	<input type="checkbox"/>	
60+	★★	<input type="checkbox"/>	
70+	★★★	<input type="checkbox"/>	Health Advisor
80+	★★★★	<input type="checkbox"/>	
90+	★★★★★	<input type="checkbox"/>	

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*If I'd known I was going to live this long, I'd have taken better care of myself.*  
Eubie Blake (On his 100th Birthday)



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### SUMMARY OF PROFILES

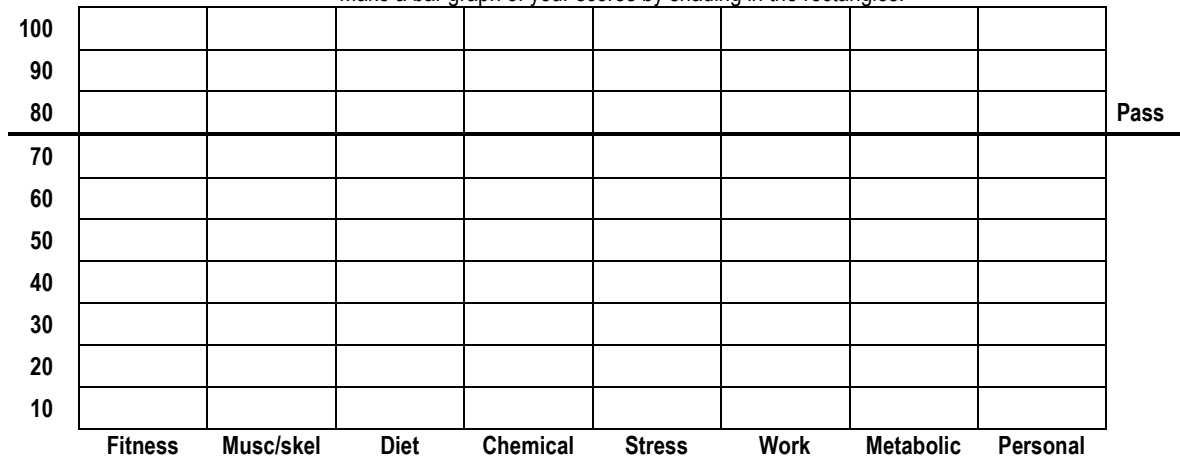
★ ★★ ★★ ★★ ★★ ★★

Fitness	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Musculo-skeletal Risk	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Diet	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Chemical Intake	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Stress	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Career Satisfaction	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Metabolic Dysfunction	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Personal Health and Fitness	<input type="text"/> /100	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

★ ★★ ★★ ★★

### OCCUPATIONAL HEALTH AND FITNESS GRAPH

Make a bar graph of your scores by shading in the rectangles.



MERIT AWARD for achieving over 70 in all profiles. Yes ☐ ☐



# Elite Force Fitness Test

*It's a big ask expecting to get better by having someone do something to you: sooner or later you have to do something to yourself.*



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### ELITE FORCE FITNESS TEST

To pass the test, you'll need a rating of 7 or more on all tests (except #7 and an overall score of more than 70%).

**1. Lower body strength - squat**

How many full squats can you do in 90 seconds. Bottom must get midway between knees and heels. Use a heel raise.

<40	40	45	50	60
0	7	8	9	10

 X2 

**2. Abdominal strength - sit-ups with feet held in 90 seconds**

<40	40	45	50	60
0	7	8	9	10

 X2 

**3. Upper body strength - press-ups in 90 seconds, Men on toes, women on knees.**

<40	40	45	50	60
0	7	8	9	10

 X2 

**4. Flexibility - sit and reach**

In a sitting position, with feet outstretched in front of you, see how far down past your toes you can reach with your fingers. Keep your knees straight.

Can't touch	Fingers			Palm			Wrist
0	4	5	6	7	8	9	10

**5. Ability to sit up straight**

With legs crossed and hands clasped behind your back, see if you can sit up straight. Falling backwards on one or both sides scores 0.

Poor					Just			Good			Excellent
0	1	2	3	4	5	6	7	8	9	10	

**6. Aerobic fitness**

5 minute, 20m lap run. Laps .....

Men	<36	36	38	40	42	44	46	48	50	52	54
Women	<34	34	36	38	40	42	44	46	48	50	52
	0	1	2	3	4	5	6	7	8	9	10

 X2 

Pass all required tests

Yes ☐ No ☐

**TOTAL**

90%+ = Gold ☐ 80%+ = Silver ☐ 70%+ = Bronze ☐ <70% = Cardboard ☐

*Withdraw into yourself and look. And if you do not find yourself beautiful yet, act as does the creator of a statue that is to be made beautiful: he cuts away here, he smooths there, he makes this line lighter, this other purer until a lovely face has grown upon his work. So do you also; cut away all that is excessive, straighten all that is crooked, bring light to all that is overcast, labor to make all one glow of beauty and never cease chiseling your statue.*

Plotinus (circa 250 BC)



# Fit for Work Assessment

*To change one's life: Start immediately. Do it flamboyantly. No exceptions.*  
William James



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### FIT FOR WORK ASSESSMENT

The **Fit for Work assessment** is based on 4 key measures of fitness.

1. **Situps** - consecutive number of situps in 90 seconds - feet held, fingers clasped behind ears, coming up so elbows touch alternate knees, shoulders (not head) hitting the floor.
2. **Pressups** - consecutive number of pressups in 60 seconds - men on toes, women on knees.
3. **Squats** - consecutive number of squats in 90 seconds. Bottom must get as close to heels as possible. Use a heel raise.
4. **Aerobic fitness** - number of 20m laps in 5 minutes.

#### SCORING

Circle the number of repetitions or laps you did for each test item. Your award depends on the lowest of your scores. Shade the 'award' column to signify your Fit-for-Work achievement standard.

Level		Award	Pressups	Situps	Squats	20m run laps		Award
						Men	Women	
10		Platinum	70	70	70	55	52	
9		Diamond	60	60	60	53	50	
8		Ruby	50	50	50	50	47	
7		Emerald	40	40	40	45	43	
6		Gold	30	30	30	40	37	
5		Silver	25	25	25	37	34	
4		Bronze	20	20	20	34	30	
3		Green	15	15	15	30	26	
2		Amber	10	10	10	25	22	
1		Red	<10	<10	<10	22	20	
0		Black	<5	<5	<5	<22	<20	

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#### SUPPLEMENTARY – hanging from a bar

Award	Hang (seconds)
Platinum	120
Diamond	100
Emerald	80
Gold	60
Silver	50
Bronze	40
Green	30
Amber	20
Red	10
Black	<10



*It's pretty simple, either you do it or you don't.*



## THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### GUNNADO

- what are you gunnado to live the fit, healthy, rich and fulfilling life -

FITNESS	DIET
SELF	FAMILY
FRIENDS	CAREER
FINANCES	OTHER

Confucius say,  
*Choose a job you love and you'll never have to work another day in your life.*



WHAT DO I DO TOO MUCH OF?	WHAT DO I DO TOO LITTLE OF?
WHAT DO I EAT TOO MUCH OF?	WHAT DO I EAT TOO LITTLE OF?
WHAT DO I DRINK TOO MUCH OF?	WHAT DO I DRINK TOO LITTLE OF?
WHAT DO I THINK TOO MUCH OF?	WHAT DO I THINK TOO LITTLE OF?

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### NOTES

*All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.*  
Arthur Schopenhauer



### NOTES

*It's not the blowing of the wind, but the set of the sail that determines your destination.*  
James Rohn