



Habits of Fit and Healthy People

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 'garbohydrate' diet are major causes of 80% of the body system dysfunction in the Australian community. If everyone kept themselves fit and healthy to the best of their ability we'd save the community \$150B 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.
- Symptom-masking medicine doesn't seem to be the best way of dealing with the everyday, lifestyle-related, personally-generated 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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Published by Miller Health Pty Ltd

7 Salvado Place Stirling ACT 2611 Australia

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(0424) 391 749

September 2025

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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

INTRODUCTION

a. THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE 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 seven habits of fit and healthy people .						
Aerobic Fitness	Strength	Flexibility	Diet	Life Stress	Work Stress	Meditation
Keep yourself aerobically fit. • 'Cool down' over-stimulated sympathetic nervous system. • Stimulate elimination. • Get more oxygen into the body.	Keep yourself strong. • Support and stabilize musculo-skeletal system.	Keep yourself flexible. • Keep bones in alignment.	Eat from the top of the Hourglass. • Drink water • Balance fat, protein, and CHO intake. • Maintain energy balance • Supply essential - vitamins - minerals - fatty acids - glycoproteins - nutraceuticals • Include fibre • Restrict intake of junk, and chemicals.	Manage the stress of your life. • Personal power in relation to your Self and your - thinking - understanding of how the world works. - family - health and fitness - finances - other people. • Distract yourself from being busy and miserable.	Manage the stress of your work. • Personal power in relation to your work. • Being in the right job. • Being able to manage work-place change. • Success at managing up, out and down.	Meditate • 'Warm up' para-sympathetic nervous system. • Reduce tension. • Relax muscles. • Dilate blood vessels. • Clear the mind. • Get more oxygen into the body. • Achieve peace of mind. • Sleep better.

b. HEALTH MANAGEMENT 101

It may seem strange to start by defining 'health' as something it isn't; but that's the way it is.

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 passionately and you're on the way to good health.

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.

ENERGY VITALITY, ENTHUSIASM, PRODUCTIVITY

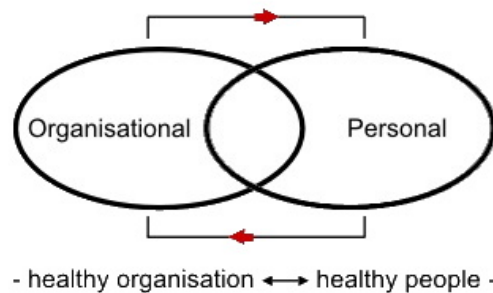
By taking part in the assessments in this book you can obtain a benchmark of your personal vitality, enthusiasm and productivity and gain an appreciation of how you can improve it.

c. 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.

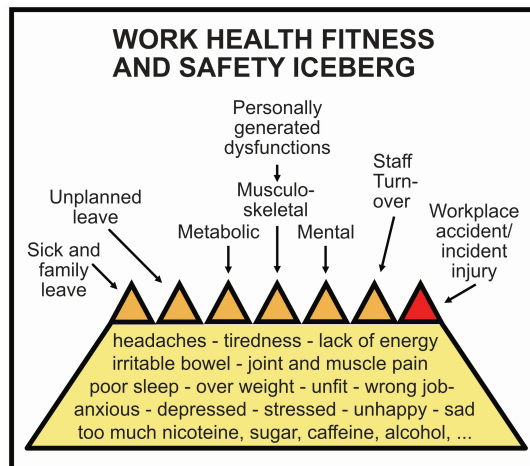


d. ABSENTEEISM, PRESENTEEISM, WORKERS COMPENSATION, STAFF TURNOVER

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 four areas, presenteeism, absenteeism, workers compensation and staff turnover. Contrary to popular opinion it is **presenteeism**, not absenteeism or workers compensation that forms the greatest of these threats to productivity.



'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.

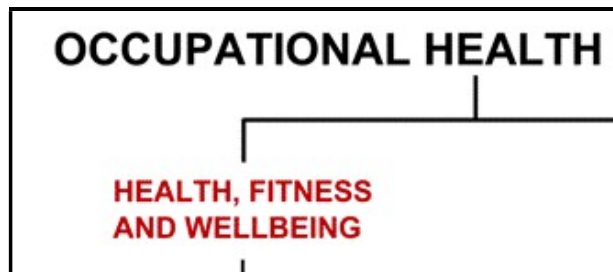
The word 'dysease' is used to match the word 'dysfunction'. Most of the things that happen to our individual body systems are dysfunctions. Most of them are personally-generated and eminently fixable.

Presenteeism 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. It's 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 headache, are tired, feel miserable, have a crook back 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 presenteeism is astronomical. On top of that is the cost of recruiting and training news staff – that's if you can find them.

e. 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.

f. DECLINING HEALTH STATUS

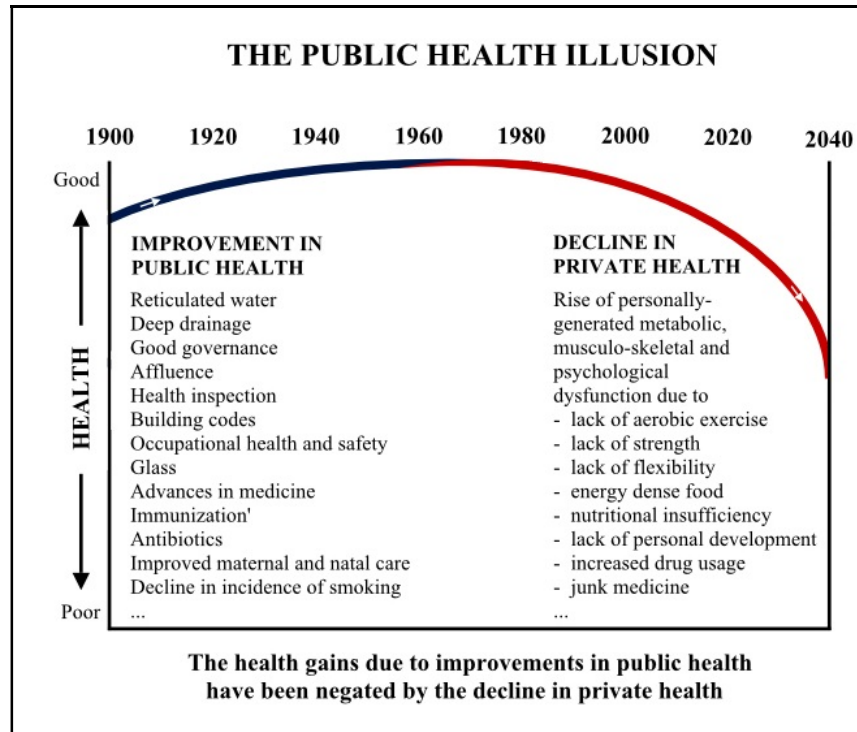
It is a fact that the health status of the Australian community is declining - the increase in medical expenditure confirms this. It's obvious; if people were becoming healthier, medical bills would be coming down. After the Second World War the health of the country improved dramatically, for the reasons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

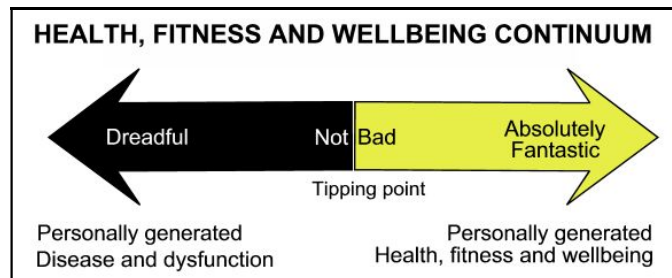
Workplaces are being affected by this trend. At the same time as they have become safer, they've also become unhealthier. My assessment is that poor health is now the most prominent driver of OH&S costs.



g. 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, Fitness and Wellbeing continuum.



h. 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)
- 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

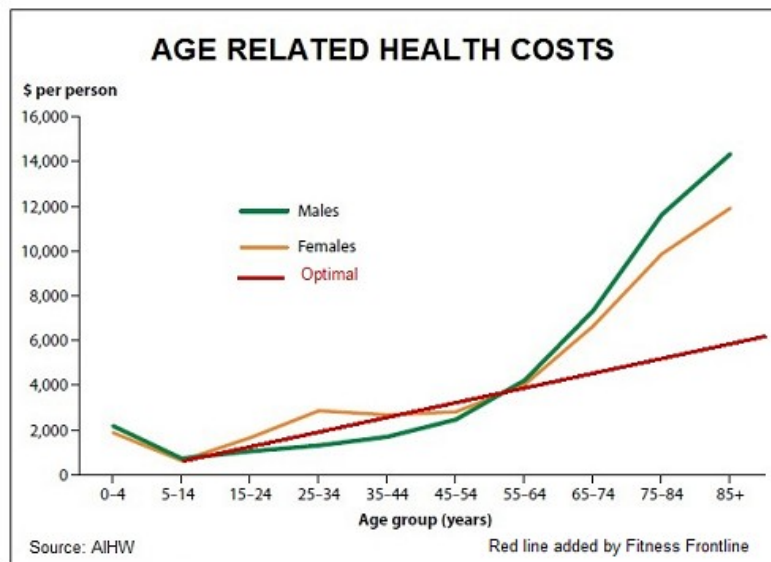
SYMPTOMS OF PERSONALLY GENERATED BODY SYSTEM DYSFUNCTIONS		
Metabolic	Musculo-skeletal	Psychological
• aerobically unfit • over-weight • high blood pressure • depression • sleeplessness • snoring • sleep apnoea • headache • tired, lacking energy • low libido • diabetes • elevated blood fats • elevated cholesterol • cardiac insufficiency • irritable bowel • cancer • ...	• musculo-skeletal pain • bones out of alignment • arthritis - bone inflammation • lack of strength • lack of flexibility • lack of mobility • torn ligaments • torn tendons • torn muscles • bulging discs • sciatica • ...	• stress • anxiety • irritability • difficulty coping • grief • sadness • vacuity • depression • ...

i. AGE RELATED MEDICAL COSTS

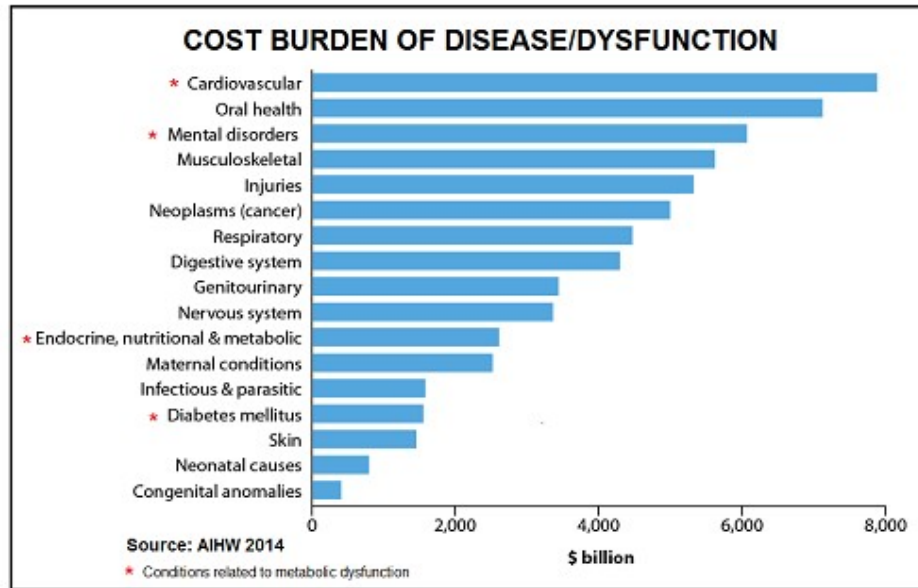
The cost of medical treatments for older people in poor physical condition is astronomical. It's unsustainable.

People with personally-generated body system dysfunctions want, nay demand, public funded medical treatment

Consider this proposition: older people should be in good shape – they've had longer to train!



The cost of personally-generated metabolic and musculo-skeletal dysfunctions is 'gigantous'. Plus there's something wrong with a community in such poor mental health.



It's interesting to note the high cost of poor oral health. And it's no wonder when dentists are charging by 'procedure' and not by time. For some procedures like attaching a crown to a pin, they're charging \$2,000 for 15 minutes work. No wonder people can't afford dental treatment. It doesn't help when Medicare doesn't classify what's inside your mouth as being a part of your body.

j. SYMPTOM-MASKING MEDICINE v THE LIFESTYLE PRESCRIPTION

For many of the common lifestyle related and personally induced body system dysfunctions, the primary medical prescription has become a drug which masks the symptoms of the dysfunction and is not aimed at restoring poor function to good. For instance headaches are not due to a lack of Panadol, reflux is not due to a lack of Mylantan, high blood pressure is not caused by a lack of diuretics, beta-blockers or ACE inhibitors. Constipation is not due to a lack of Zelnorm, diabetes is not due to a lack of Diabex, Candida fungus is not caused by a lack of Mycostatin, an elevated cholesterol level 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 are due to a lack of Anusol. Is depression due to a lack of Prozac? Let's not go there, except to say that there is research that shows that a year's supply of daily vigorous aerobic exercise trumps a year's supply of fluoxetine.

Having said that, there is no doubt that taking some of these drugs as a first aid treatment can have profound if not life-saving implications, as in the case of blood pressure and diabetes medication. However, prescribing the drug is often not accompanied a lifestyle prescription that treats the underlying cause of the problem, particularly one that the customer will put into action.

k. HEALTH AND THE SPECTRUM OF PERCEPTION

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

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.'

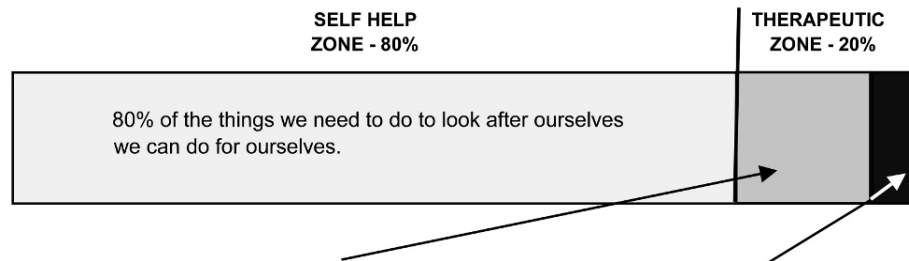
Failing to open the doors of perception about what we need to do and can do to keep ourselves fit and healthy has perverted the course of both modern health and medicine.



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.

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

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



THERAPEUTIC ASSISTANCE ZONE

- Based on experience and feeling
- Leads to the restoration of good health
- Designed to stimulate the body's own recuperative powers
- Includes a host of therapeutic modalities, from a range of traditions, both ancient and modern
- Inclusive
- Aimed at the body's thinking, moving and emotional centres
- Is educational in nature
- Inducing different responses in different people based on their perception
- High cost compared with doing things for yourself, but worthwhile if poor function is restored to good and you learn something from the experience.

THERAPEUTIC DEPENDENCE ZONE

- Selective evidence-based therapy
- Symptom masking
- Pharmaceutical based
- Dependence generating
- Condition worsening
- Isolationist diagnostic process
- Mono-modal
- Perception narrowing
- High cost now
- Higher cost in the future
- Low return on investment
- Blank cheque medicine
- Welfare-based
- Industry protected

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. We'd be lost without surgery and antibiotics. 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.

Professional healers have a tendency to get locked into narrowly defined positions, first by their specialist education and then their professional associations. (This is definitely a case of the closure of the 'doors of perception'.) 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. YouTube is becoming a valuable health, fitness and wellbeing resource, as both professional and lay people outline their suggestions for restoring poor health to good. Just be circumspect in the way you treat the advice.

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 (JUST) ASK WHAT YOUR DOCTOR CAN DO FOR YOU!

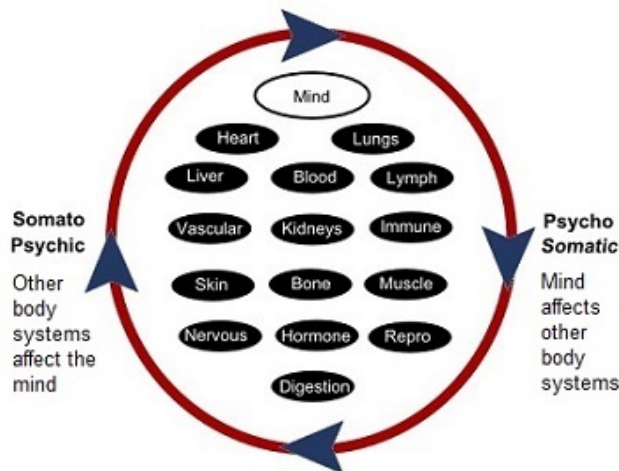
Unless you've got a serious medical condition, the most cost effective and usually most successful treatments designed to restore poor body system function to good involve things you can do for yourself. The least effective are those that rely on other people prescribing products and services, which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

I. THE BODY AS AN ECOSYSTEM

Soma – (Greek for) the body: psycho - (Greek for) the mind)

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 INTERCONNECTED SOMATIC ECOSYSTEM



The most commonly recognised relationship is that between the mind (psycho) and the rest of the body (soma). It's known as the **psycho-somatic** 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, overweight, 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.

The effect that other body systems have on the mind is known as the **somato-psychic** relationship.

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

IT'S THE SYSTEM, STUPID!

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 overweight 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.

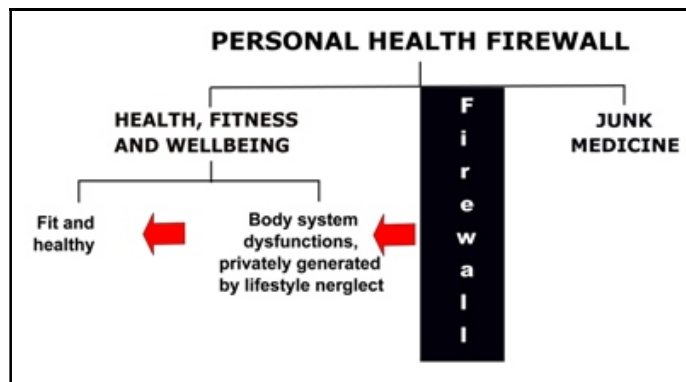
This is why taking a pill to mask a symptom is not the smartest thing to do. The cause of the problem is usually not at the site where the problem is manifest.

m. 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.

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 galvanize 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.

n. THE METABOLIC HEALTH ENGINE

Metabolic health is the term given to describe the efficiency of the system that delivers essential nutrients to every cell of your body and removes waste products from them.

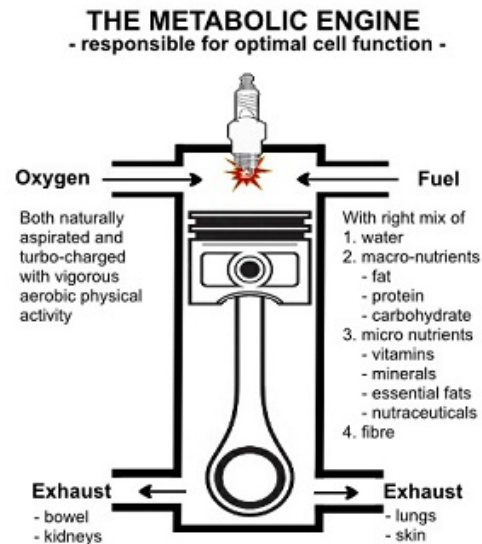
Your metabolic health is driven by the 'metabolic engine' that resides inside your torso, and your brain which resides in that part of your body that rests on the top of your shoulders.

A more detailed look at the metabolic engine outlines its principle functions.

There is no known medical cure for poor metabolic health.

That's because the symptoms are a reflection of fitness problems and diet problems, not medical problems (and only on the rarest of occasions can you fix fitness and diet problems with medical solutions).

Do you want to restore poor function to good, or do you want a patch up job. Restoring poor function to good is something you have to do for yourself.



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 overweight. 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 anyone 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.

o. METABOLIC DEFRAG

Have you every watched your computer defrag?

You may well ask, 'What is a defrag?'

Well, to keep a long story short, and in layman's terms, when your computer saves information to the hard disc it can tend to do it in a chaotic fashion. Bits of the one document can be saved in different places on the disk.

The net effect of this chaotic placement of data is that it slows down the retrieval of the information. It takes a long time for documents to open up. Over the weeks, months and years the ghosts in the machine appear to be slowing it down.

Microsoft describes it thus:

Disk Defragmenter consolidates fragmented files and folders on your computer's hard disk, so that each occupies a single, contiguous space on the volume. As a result, your system can gain access to your files and folders and save new ones more efficiently. By consolidating your files and folders, Disk Defragmenter also consolidates the volume's free space, making it less likely that new files will be fragmented.

Here's what the defrag process looks like on your computer:

before ...



... after



Here's what it does to you:

- Blood pressure returns to normal
- Cholesterol and tri-glyceride levels return to normal
- Homocysteine and C-reactive protein levels return to normal
- Mood changes – for the better. A year's supply of daily vigorous aerobic physical activity trumps a year's supply of Prozac.
- Blood sugar levels return to normal
- You get back closer to your ideal weight

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 people ever got fitter or healthier in a surgery or a pharmacy.

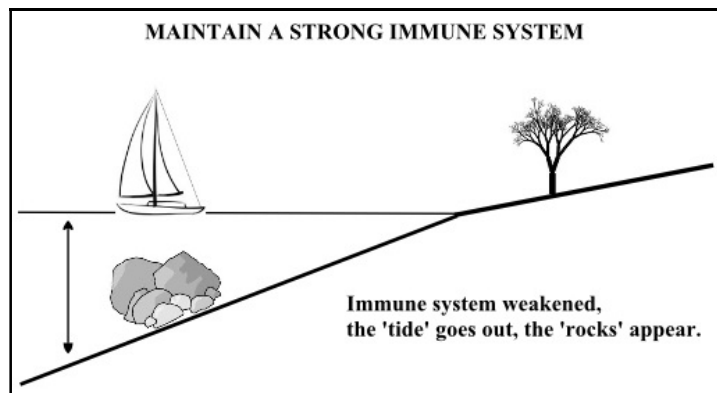
p. MAINTAINING A STRONG IMMUNE SYSTEM

Immune systems are getting weaker.

The tide is going out.

And 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.

The immune system benefits as much from the metabolic defrag as the rest of the body; regular vigorous aerobic exercise, good food and a relaxation program that stimulates and under-active para-sympathetic nervous system.



q. THE LAW OF TOO MUCH AND TOO LITTLE

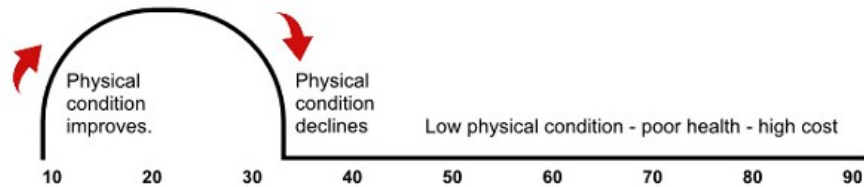
When it comes to poor health we can explain what's going on using the law of too much and too little.

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

r. THE LONGEVITY CHALLENGE

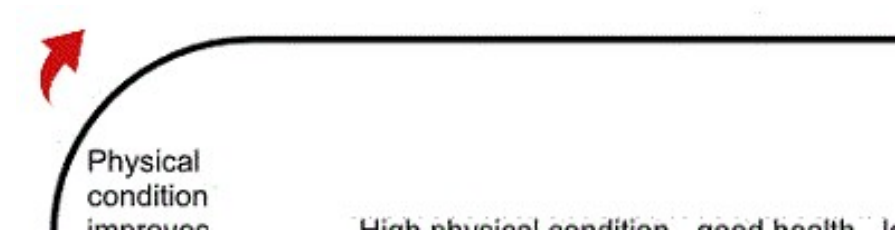
One of the great health challenges of the 21st Century is to ensure that quality of life matches life expectancy.

People in poor physical condition become older younger - and at a high cost to themselves and the public purse.



People in good physical condition stay younger older!

The cost of medical treatments between the two groups is huge.



s. THE 'PREVENTIVE HEALTH' CYCLE

Let's get something straight: you don't 'prevent' health, you create it, foster and promote it. The twin aims are to:

1. attain and then maintain a high level of health, fitness and wellbeing.
2. restore poor health to good and not just mask the symptoms.

With respect to the personally-generated body system dysfunctions, too often 'preventive health' care is more focused on slowing down the decline in body system dysfunction rather than restoring poor function to good.



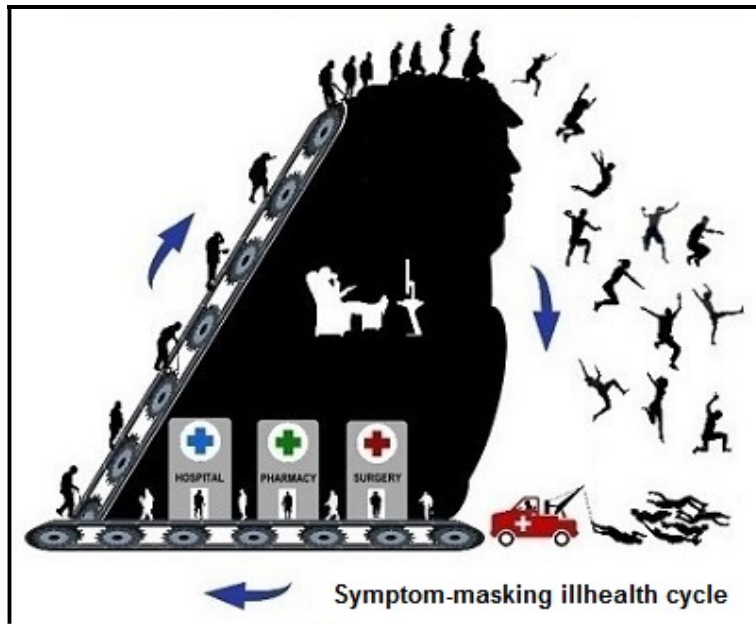
A way of describing it is '**ambulances-at the-bottom-of-the-cliff**' medicine.

Under the guise of '*preventive health*', people become trapped in a vicious, symptom-masking illhealth cycle. They fall over the cliff. Many propel themselves in the rush to get to the bottom where they get picked up by a waiting ambulance.

The ambulance drops them off onto the '*preventive health*' conveyor belt that delivers them to the surgery, pharmacy and/or hospital. Once they're patched up, it is likely as not a second conveyor belt will take them back up to the cliff-face for another lap.

More and more people are becoming trapped in this insidious '*preventive health*', symptom masking illhealth care system, one that discourages them from getting back into peak physical condition. Their health, fitness and wellbeing declines with every lap.

A few people escape the cycle by waking up to themselves and getting back into good physical condition. Regrettably, and at great cost to themselves and the community, most people keep going around the system until they drop!



t. PRO-ACTIVE HEALTH MAINTENANCE

Any large manufacturing or power generation organisation that doesn't keep a close eye on the health of its machinery is in for a rude shock - after it breaks down. The cost of a **mechanical breakdown** is usually greater than the cost of continuous, programmed maintenance.

The way of preventing major catastrophic machinery breakdown is to regularly monitor such symptoms of creeping mechanical dysfunction as noise, temperature, pressure, alignment and vibration. As soon as a slight change in performance is detected, maintenance fitters are galvanised into action.

Of course there is a difference between mechanical breakdown and health breakdowns, the principle one being that if you can get to a health problem early enough you can fix it yourself.

When it comes to the personally-generated body system dysfunctions, ignoring the signs of declining health status and waiting for a **health breakdown** to happen, and then having to call in a 'maintenance fitter', (ie someone wearing a white coat) can be an expensive process.

Enter Frontline Primary Health Care, the concept inspiring and motivating people to become more intimately engaged in the process of maintaining/improving their own health, fitness and wellbeing and expanding the range of health experts involved in the primary health care matrix.

Frontline Primary Health Care is designed to give people the greatest encouragement to adopt the life-long process of **pro-active health maintenance** by:

1. by keeping themselves fit and healthy to the best of their ability
2. on the first appearance of any symptoms of poor metabolic, musculo-skeletal or mental health, doing what ever it takes to restore poor function to good - before it becomes a major health breakdown d requires an expensive medical intervention.

THE PRO-ACTIVE HEALTH MAINTENANCE CYCLE

The aim of **Frontline Primary Health Care** is to change the '*preventive health*' concept as we know it, to the concept of '**pro-active health maintenance**', one focused on giving people the greatest encouragement and support to keep themselves fit and healthy to the best of their ability.



Compare with the 'preventive health' Cycle.

I can give you
the program
but I can't do
it for you.

Kenneth Cooper
Exercise physiologist |



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

1. KEEP YOURSELF AEROBICALLY FIT

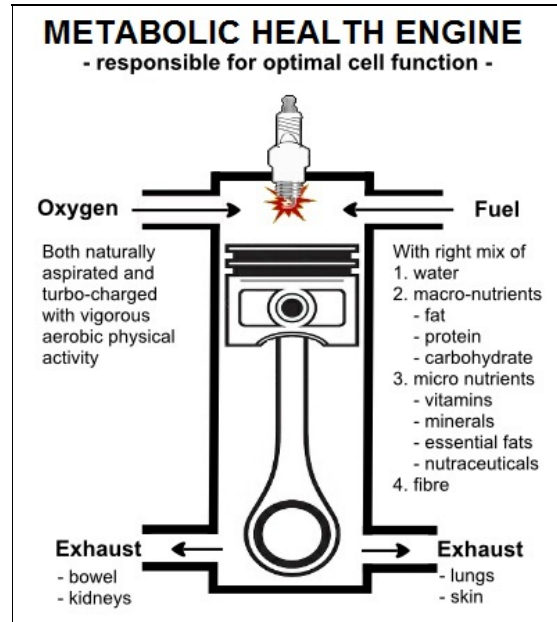
AEROBIC FITNESS - foundation of good metabolic health

(Along with a good diet), aerobic fitness is the foundation of good metabolic health. It's the driver of the process designed to get oxygen and essential nutrients to every cell in your body and remove the waste products of metabolism to the outside world.

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.

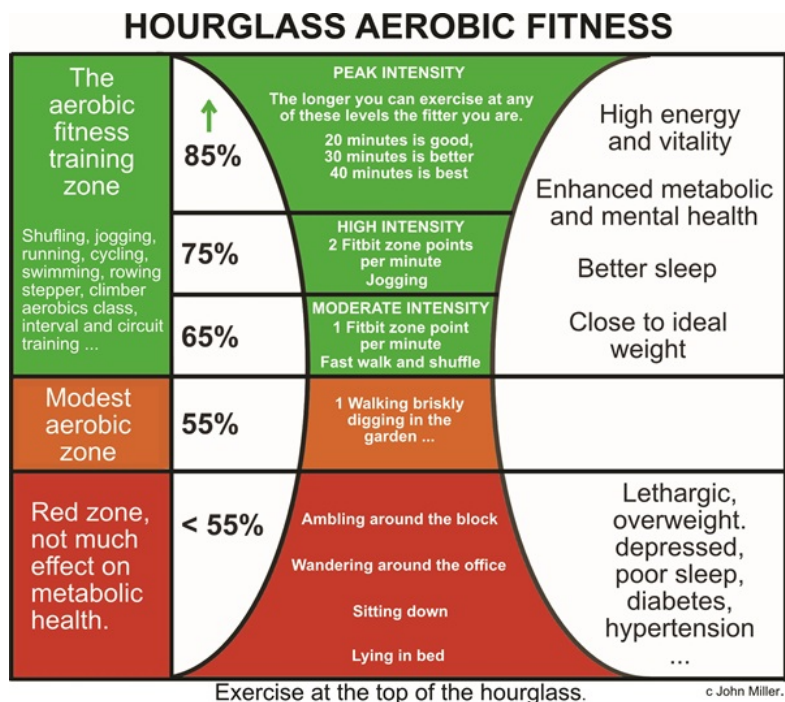
Only 10 to 15 percent of people over the age of 30 years participate in sufficiently vigorous activity (of the huff and puff variety) each week to maintain reasonable level and reap the benefits of aerobic fitness.

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.



Fitbit zone points, where time meets effort – rated against heart rate

Trying to improve your aerobic fitness without an exercise prescription that includes **frequency**, **duration** and **intensity** is like taking a pill that comes without the known dosage of an active ingredient and without instructions on how often to take it.

Without a definition of intensity, based on time and heart rate, the exercise guidelines recommended by the American College of Sports Medicine (ACSM) and the Centre for Disease Control are an unscientific nonsense: *'All healthy adults aged 18–65 yr should participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week.'*



The ACSM doesn't define the meaning of 'moderate' or 'vigorous'. It's a limp and unscientific prescription.

A good aerobic fitness program requires a dosage involving **frequency** (times a week), **duration** (length of each session) and **intensity of effort** (based on heart rate). This rule forms the basis of the **Fitbit Aerobic Fitness Zone System**.

If you're serious about becoming aerobically fitter, merely recording time, steps or distance is pointless unless effort is also taken into account.

Zone Points	=	Time x (in minutes)	Intensity of effort (on a scale where points per minute rate)
			are matched against heart

Fitbit calculates the number of zone points you've accumulated using a formula based the actual time (T) in minutes, maximum heart rate, resting heart rate and heart rate reserve. Below it a rough guide, based on percentage of maximum heart rate. It's a close estimation of how Fitbit calculates the Fitbit zones.

Fitbit has two aerobic fitness training zones:

- **Zone 1:** if you get your heart rate over (circa) 60% of your (estimated) age-related maximum heart rate (220 minus age) you get 1 point per minute.
- **Zone 2:** if you get your heart rate over (circa) 75% of your maximum heart rate you get 2 points per minute.

The prescription

A minimum of 200 zone points per week (ZPPW) is good, 250 is better, 300 is best and 400 is 'bestest'. I've called over 400 ZPPW a week, 'defrag territory'. Once you start getting 300 or more ZPPW a week you'll keep yourself in pretty good shape. If you want to achieve huge gains in your aerobic fitness and metabolic health, aim at (at least) 300 ZPPW.

Frequency / intensity / duration	Good	Better	Best	Metabolic defrag and 1% weight loss territory
Frequency: based on sessions per week	5	7	9	11
Duration: daily based on minutes per session	20	30	40	60 (2 x 30)
Intensity: based on heart rate	60%+	>75+	>75%+	75%+
Fitbit zone points per day	40	50	60	80+
Fitbit zone points per week	200	250	300	300+

Monitoring and managing the prescription

You can prescribe and monitor your aerobic fitness program yourself. With watch on your wrist and the Fitbit app on your phone you can check your heart rate and which zone you're in as you train and review your results daily.

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.

As soon as you start to become dysfunctional and diseased 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 meditation). Instead of (or as well as) a trip to the doctor, start exercising.

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. Fill in an exercise diary.
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.millerhealth.com.au 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.

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

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.

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 it 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 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!

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.

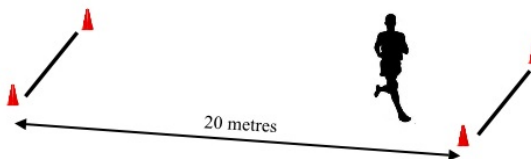
Introspection

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.'*

20m RUN TEST OF AEROBIC FITNESS

The **20m Run** test of aerobic fitness is the universal test of aerobic fitness. It's based loosely on the widely recognised 'beep test'.

After running thousands of people through the 'beep test' I came to the conclusion that for 'regular folks' to reach the end of level five (ie completing 5 minutes) was a reasonable achievement for men.



The best scores I've seen are 60 laps in five minutes for a man and 55 laps for a women.

For entrants into elite force occupations, like police, armed forces and fire brigades, I'd say that 50 laps for men and 48 laps for women would be about the right standard.

A good score for 'regular folks' in good physical condition is 40 laps for men and 37 laps for women.

Most adults are scratching to achieve 30 laps in five minutes. They're not in good physical condition.

30% are lucky to achieve 20 laps. These are people suffering from metabolic dysfunction, with a low level of aerobic fitness being accompanied by the usual symptoms of obesity, high blood pressure, high blood sugar, tiredness, insomnia ...

5% of people will have difficulty achieving 10 laps. These are people on their metabolic last legs.

Anyway, to cut a long story short, test your aerobic fitness on a regular basis and keep track of your performance.

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, which 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.

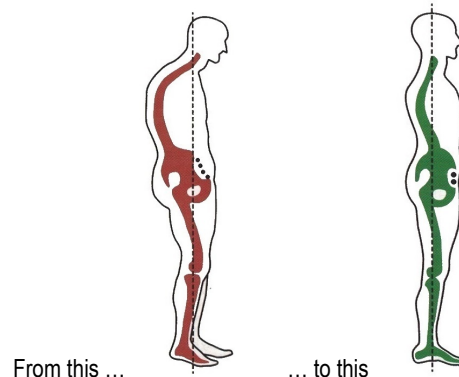
For instance, osteoarthritis is, in many instances, an inflammation of the bone caused by two bones that are out of alignment rubbing against each other. In other cases it is related to poor diet. It is certainly not a lack of Celebrex!

'S' SHAPE, OR 'C' SHAPE

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

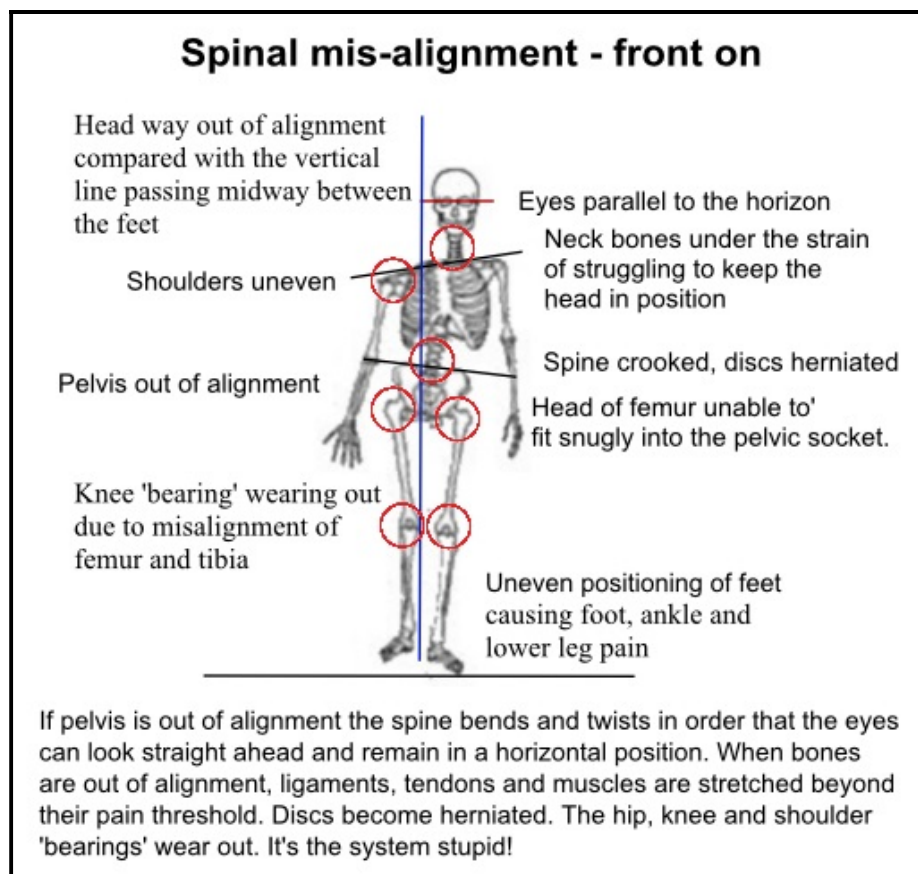
When bones are out of alignment, ligaments, tendons, muscles, disks and cartilages will all feel the pinch. The pain is telling us to fix the alignment problem or start eating in a way which supports good muscle and bone function.

So what we're looking to do is go

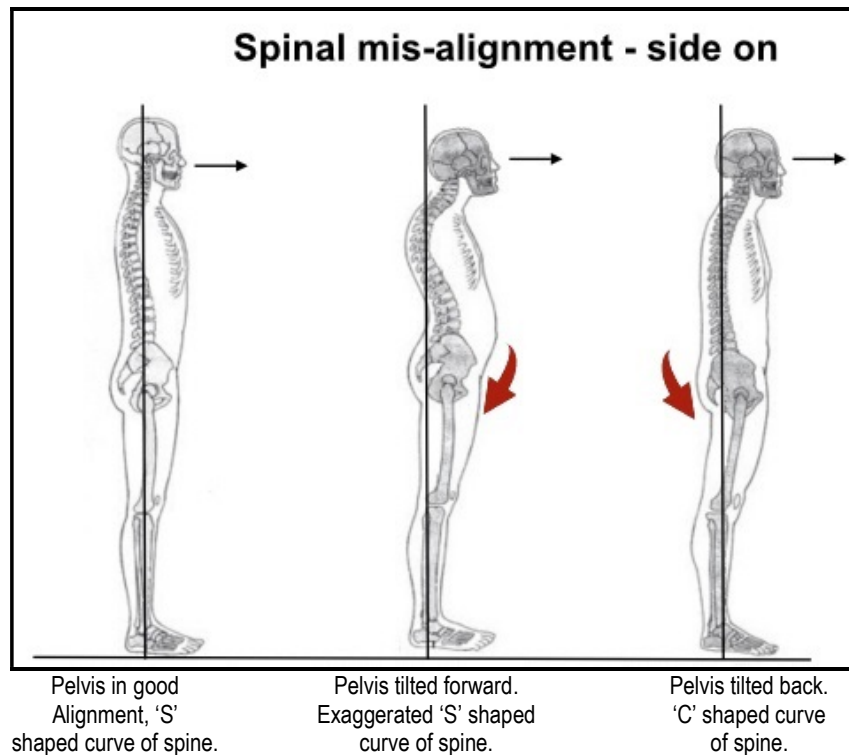


PRINCIPLES OF MUSCULO-SKELETAL DYSFUNCTION

1. In the sit down society it's almost inevitable that over the weeks, months, years and decades muscles will move bones out of alignment. That's the bad news. The good news is that if muscles have moved bones out of alignment, there is a fair chance they can move the bones back into alignment. (Egoscue)
2. Joint pain is a symptom that the bones on either side of a joint are out of alignment. The joint (bearing) is becoming worn. Get the bones back into alignment - and there's a fair chance the joint (bearing) will repair itself – providing it is not left too long before the realignment process is started.
3. Pain is a symptom that bones are out of alignment; that the ends of bones are rubbing against each other; that ligaments, tendons and muscles attached to the bones have been stretched beyond their pain threshold; that intervertebral discs have become herniated and may be impinging on your spinal cord.
4. Treat the cause of the pain and the pain will be relieved. Mask the pain with an analgesic and the structural problem remains – and gets worse. A small problem becomes a big problem.
5. The cause of the pain is rarely at the site of the pain. Once muscles attached to the pelvis draw the pelvis out of alignment, the bones above and below move out of alignment 'in sympathy.' In particular we need to do exercises to square up the pelvis.
6. Form (good skeletal alignment) follows function (the ability to successfully perform a range of postural/flexibility exercises).
7. If one 'part' (your lower back) of the skeleton is in pain, it's a fair chance that you have a system problem, not just a 'part' problem. Fix the system and the parts will look after themselves. (Feldenkrais)
8. A high proportion of joint and muscle pain is personally-generated. In a way that's good news because chances are it can be personally ungenerated.
9. 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.



Looking at the spine and pelvis side on ...

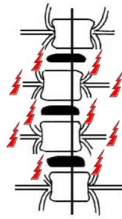


THE (EXAGGERATED) CLASSIC POSTURE OF SOMEONE WITH LOWER BACK, NECK AND SHOULDER PAIN

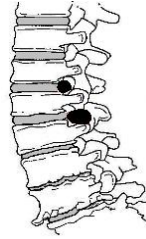
Due to the action of tight muscles attached to the pelvis - front, back and sides - but particularly the hamstring and buttock muscles, the pelvis is taken out of alignment. There's collateral damage as bones in the lumbar spine are dragged out of alignment. The 'S' shaped curve of the back becomes a 'C' shape. Ligaments, muscles and tendons are stretched, beyond their pain threshold, resulting in continuous pain. Discs prolapse, with the nucleus pinching the spinal column. It feels like someone's shoving a red-hot poker in your back every time you sneeze or cough. You experience sciatic pain as the prolapsed disk pinches the sciatic nerve	Tight calf, hamstring and buttock muscles pull pelvis back and down.	Bones in the upper part of your spinal column are pulled out of alignment. Head and shoulders move forward placing stress on soft tissues around the neck and shoulders. It's a principal cause of sore shoulders. It feels like your upper back, neck and shoulders are on fire. You're always hanging out for a neck and shoulder massage. You're always off to the therapist to 'pop' the bones back into alignment. Back pain is not due to a lack of rubbing, crunching, heating, vibrating, doping or surgery.
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Here's what happens to a pelvis and spine that's out of alignment. Discs herniate. More pain! The treatment? Get the vertebrae back into better alignment and take pressure off the discs.

When bones are out of alignment, ligaments, tendons, muscles will be stretched beyond their pain threshold and discs will herniate.



The pain is your body's way of telling you to get your vertebrae back in alignment.



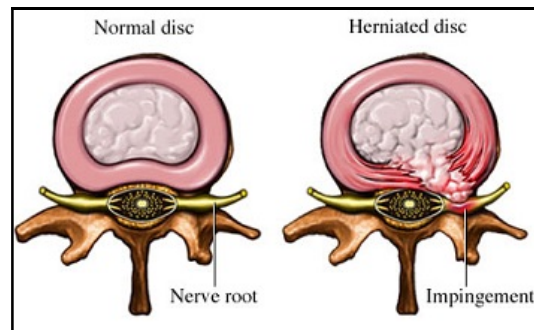
Bulging disc and herniated disc, due to misalignment of vertebrae.

The pain that occurs when ligaments, tendons and muscles are stretched beyond their pain threshold and made worse by the disc nucleus pushing onto the spinal cord, is telling us to fix the alignment problem.

We do this by squaring up the pelvis.

We do that by loosening tight calf, hamstring and buttock muscles and strengthening the muscles designed to keep the bones in correct alignment.

You can see the effect in these diagrams of a pelvis that tilts back, rotates and drops on one side.



BACK PAIN – WHO DO YOU BLAME

A. Your pelvis is out of alignment

If your pelvis is out of alignment it's highly likely that the bones above and below it will be out of alignment.

B. Blame tight calf, hamstring, buttock, adductors, abductors and quadriceps muscles - absolutely

Lower back and neck pain is a symptom of a pelvis that is out of alignment.

The pelvis is taken out of alignment due to the action of tight muscles attached to it - front, back and sides - but particularly (in Western, sit-down society) the hamstring and buttock muscles.

There's collateral damage as bones in the lumbar spine are dragged out of alignment.

The 'S' shaped curve of the back becomes a 'C' shape.

Ligaments, tendons and muscles are stretched beyond their pain threshold, resulting in continuous pain.

Discs prolapse with the nucleus pinching the spinal column. You experience sciatica as the prolapsed disc pinches the sciatic nerve.

Bones in the upper part of your spinal column are pulled out of alignment.

Head and shoulders move forward placing stress on the bones and soft tissues around the neck and shoulders. You end up with sore shoulders and a stiff neck. Few people would realize that the cause of these complaints is a long way away from the site of the pain.

C. Blame tight muscles at the front of your pelvis - you sure can

Tight abdominal muscles, tight hip flexors, tight quadriceps and tight adductors (the muscles that bring your legs together) move the pelvis out of alignment – particularly if the muscles are tighter on one side than the other. You can pick up this tightness while doing the **prone frog** exercise.

D. Feet and legs out of alignment

Back pain may start with your feet. A large percentage of people can't sit with their legs straight and feet square. Muscles on the side of the lower leg have forgotten that their role is to square the feet off. If the feet aren't square you won't be able to keep your ankles and knees together at the same time. You'll end up with knee, hip and lower back pain as the chain of dysfunction move up the body.

E. Blame a lack of spinal mobility -yep, sure can.

If you can't lie on your back and take your feet back over your head so they touch the floor, you lack spinal mobility.

F. Blame a weak musculo-skeletal ecosystem - definitely

If there's something wrong with one part of the musculo-skeletal ecosystem you can be pretty certain that there's something wrong with other parts. Lack of strength plays a pivotal role in keeping your body in alignment. There are a huge number of muscles involved in this task. Most people don't exercise any of them and then express surprise when they experience back pain. When we're dealing with the musculo-skeletal eco-system, the whole of the system needs to be kept strong, not just a few parts.

G. Blame motion starvation? - certainly

A major cause of musculo-skeletal dysfunction is **motion starvation**. We don't move enough. We're not in good enough physical condition to maintain good skeletal alignment. The body that was designed to climb trees, chop wood and draw water can no longer push a pen or tap a keyboard without becoming dysfunctional!

H. Blame your weight? – Yessiree

Even being a little overweight can alter your balance and tip your body out of alignment.

Being over-weight comes at a huge cost to mobility. You have great difficulty getting onto the floor and standing up again. You have to lie on your bed to put your socks on.

I. Blame sitting down? - unequivocally

They say that sitting down is the new smoking. Spend time at work standing up. If that means getting an adjustable workstation, then so be it. But it's not just the sitting down, it's the lack of flexibility exercises that will get you in the end.

J. Blame the chair? – doubtful

How can you injure yourself sitting in a chair? It's not the chair but how you sit in it, whether your calf, hamstring and buttock muscles are loose enough and your body strong enough to allow you to maintain the proper 'S' shaped alignment of your spine.

THE TWIN PILLARS OF REHABILITATION THERAPY

If the underlying cause of the muscle and joint pain is a lack of strength and flexibility, it follows that the twin pillars on which the rehab process rests are strength and flexibility exercises

What manipulative therapy does is speed up the rehab process. What it doesn't do is take the place of the strength and flexibility exercises you need to do for yourself. An intensive process that involves strengthening weak muscles, loosening tight muscles, getting your body back into alignment *and* which also includes the manipulative and pharmaceutical therapies in the therapeutic mix, will have a dramatic effect on restoring poor function to good. That's what the next chapter is all about.

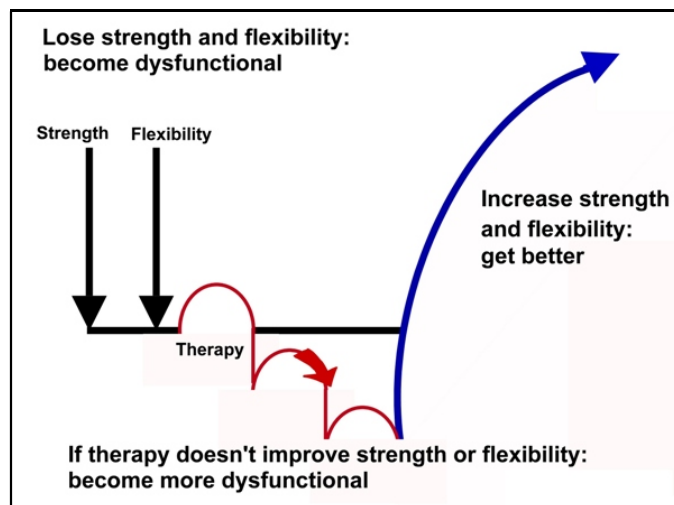
My recommendation is that you avail yourself of whatever manipulative and pharmaceutical therapy you can lay your hands on in your quest to speed up the rehab process. Just don't get lulled into the false sense of security that you don't need to do anything for yourself.

In the diagram on the right, if you're not getting stronger you're getting weaker. That's the first hump of the camel's back.

If you're not getting looser you're getting tighter. That's the second hump of the camel's back. All it takes is a 'straw' to lob on your back and you're in big strife.

The straw lobs; you reach for the pill and rush down for a rub down, crunch, hot pad and electric shock. The pain eases for a while but the underlying cause of the problem is not addressed.

If you don't add strength and flexibility exercises to your therapeutic mix, gradually over time you can expect your condition to get worse.



If you do the right strength and flexibility exercises for your condition, your body will gradually get back into better alignment, exercise by exercise, day by day, week by week, month by month. 80% of the fix will come from what you do yourself. The other 20% is what you can expect from a wide range of therapies.

FORMULA 1 REHABILITATION

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.

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.

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.

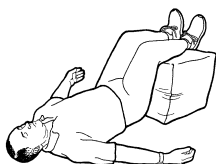
The Formula 1 Rehabilitation barometer contains a range of modalities, which can be banked up one after the other for hours at a time as a means of speeding up the rehabilitation process. However, the most important ones are those at the bottom of the barometer, the ones you can do for yourself. Sports people can spend up to eight or more hours a day churning through the different modalities so they can get back on the playing field in the shortest possible time. You can do the same thing. You owe it to yourself to restore musculo-skeletal dysfunction to good function in the quickest possible time. I suggest you adopt the same approach to fixing your body as you do for fixing your car. Spend some time, effort and money keeping it in good shape! And when it breaks down, do the things you have to do to fix it up quickly. And just as you wouldn't think that a quick paint job was the best treatment for a spot of rust on your car, don't think that an anti-inflammatory, a hot wheat bag, a rub down and a spinal crunch every three weeks is sufficient for your body! The things that will have the most impact on improving your musculo-skeletal status are the things you do for yourself.	<table border="1"> <tr><td></td><td>Consider the wisdom of the ancients</td></tr> <tr><td></td><td>Drink more water</td></tr> <tr><td></td><td>Improve ergonomic set-up at home</td></tr> <tr><td></td><td>Improve ergonomic set-up at work</td></tr> <tr><td></td><td>Improve manual handling technique</td></tr> <tr><td></td><td>Meditation</td></tr> <tr><td></td><td>Change and break up repetitive tasks</td></tr> <tr><td></td><td>Improve posture at work and home</td></tr> <tr><td></td><td>Anti-inflammatory drugs</td></tr> <tr><td></td><td>Change diet, include nutraceuticals</td></tr> <tr><td></td><td>Lose weight</td></tr> <tr><td></td><td>Change diet</td></tr> <tr><td></td><td>Traditional Chinese medicine</td></tr> <tr><td></td><td>Massage</td></tr> <tr><td></td><td>Bowen therapy</td></tr> <tr><td></td><td>Physiotherapy</td></tr> <tr><td></td><td>Acupuncture</td></tr> <tr><td></td><td>Osteopathy and chiropractic</td></tr> <tr><td></td><td>Improve general fitness</td></tr> <tr><td></td><td>Ice and heat</td></tr> <tr><td></td><td>Strength training</td></tr> <tr><td></td><td>Flexibility training</td></tr> </table>		Consider the wisdom of the ancients		Drink more water		Improve ergonomic set-up at home		Improve ergonomic set-up at work		Improve manual handling technique		Meditation		Change and break up repetitive tasks		Improve posture at work and home		Anti-inflammatory drugs		Change diet, include nutraceuticals		Lose weight		Change diet		Traditional Chinese medicine		Massage		Bowen therapy		Physiotherapy		Acupuncture		Osteopathy and chiropractic		Improve general fitness		Ice and heat		Strength training		Flexibility training
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Balans chair assist in maintaining the 'S' shaped curve of the spine. It does this by taking hamstring and buttock muscles out of the sitting-up-straight equation.

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

Static Back



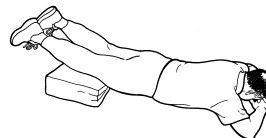
This is the most comfortable position for anyone with a crook back. Lie in this position for 20 minutes or more to settle down muscles attached to pelvis and spine.

Supine Groin Stretch



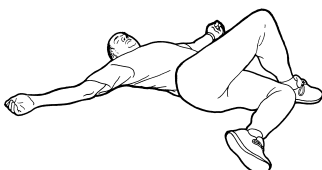
This is a gentle re-aligning exercise - 20 minutes one side, 20 minutes the other.

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



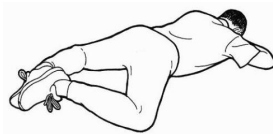
With toe on kitchen bench, gradually lean back and feel the stretch in your upper thigh (quadriceps) muscle. Keep your knees together.

Buttock stretch



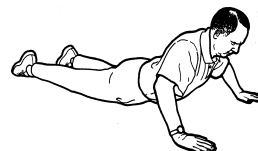
Start in the sitting position with both legs straight out in front of you. Bend the left leg and place it under the right. Then place the right foot over the left knee and sit up straight.

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 – abdominal muscle stretch



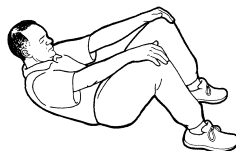
Keep pelvis on the floor. Stretch upwards. Breathe out and feel lumbar spine loosening off.

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,

Buttock stretch



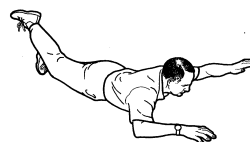
Place the right leg over the left, onto the knee and the laces and then slide it back. Prop on your elbows. Repeat with the other leg.

Upper back stretch



Stretch forward to give your back a really good stretch.

Opposite arm and leg raise



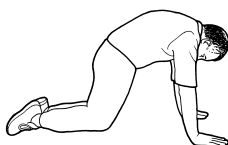
Stage one for back strengthening. Lift up one arm and the opposite leg. Repeat on the other side. Do ten slow repetitions on each side.

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



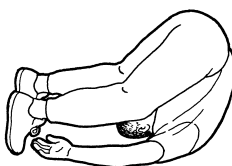
Knees out and soles of feet together. Tilt pelvis forward and back.

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.

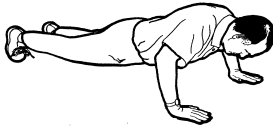
Pillow squeeze



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

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



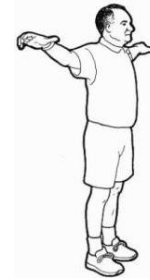
Stand with feet pigeon-toed and touching the wall with thumbs pointing out. Spend a minute with hands at 12 o'clock, 10 o'clock and parallel to the floor.

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



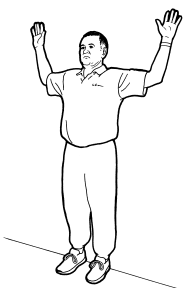
With knuckles on temples, swing elbows back as far as you can and then to touch at the front.

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.

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.

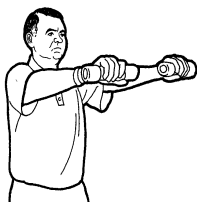
Ear to shoulder



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

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

Arms to the side



4 repetitions

Arms above the head



8 repetitions

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.

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 nor 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.

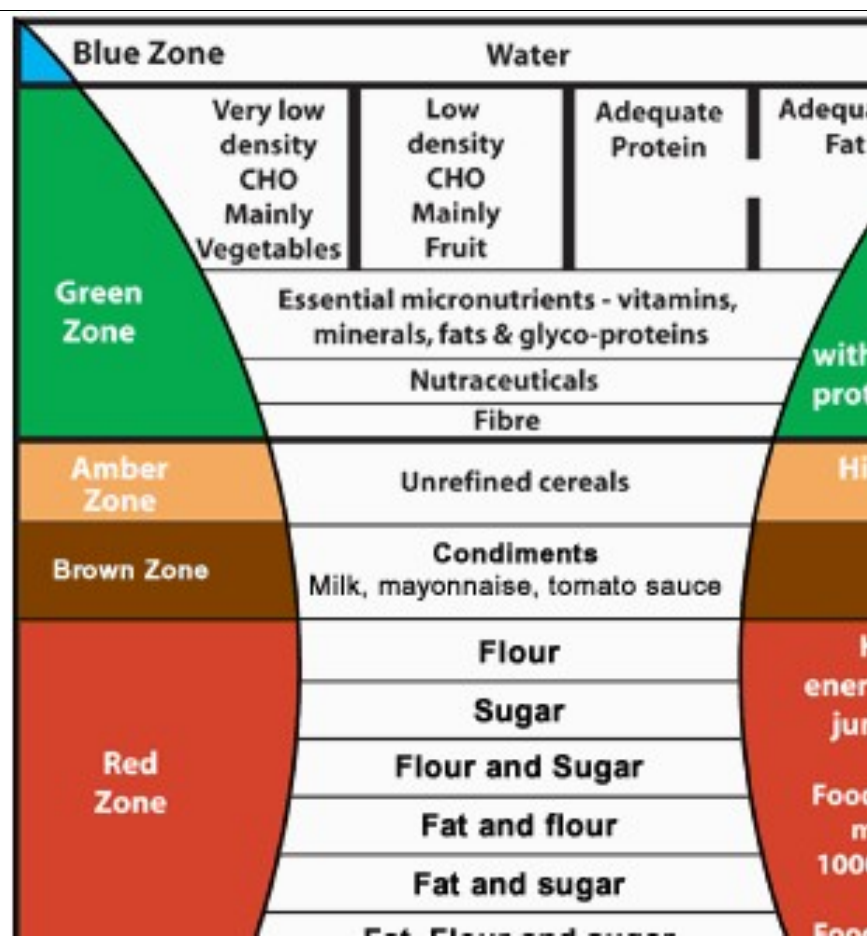
EAT AND GROW THIN

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.

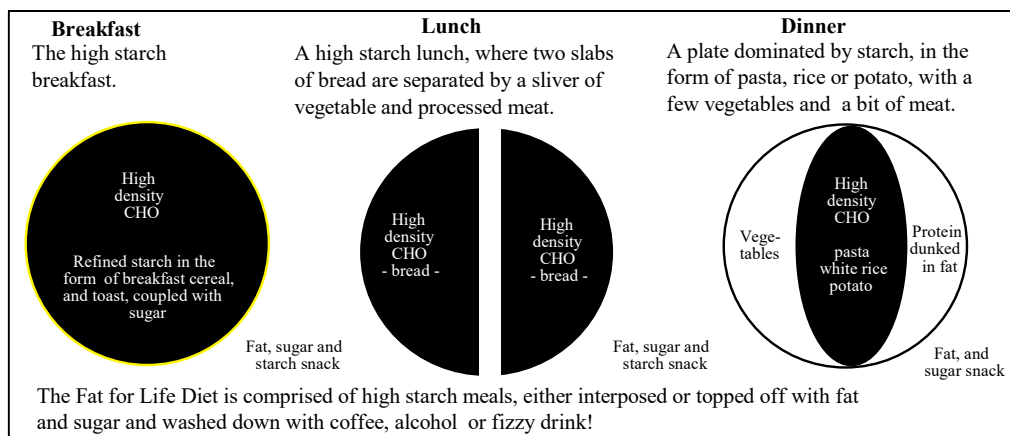
The foods in the **amber zone** are made up of the cereals, the high density carbohydrates, being in the 1200 - 1500kj/100gms range. You know they're cereals because they look like chook food. They're rich in fibre, vitamins and phytoestrogens.

The foods in the **red zone** are the junk foods and junk meals; many of them manufactured using 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

Blue Zone 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.
Green zone 2. Vegetables 3. Low density CHO 4. Protein 5. Fat 6. Essential vitamins, minerals, fatty acids, glycoproteins ... 7. Nutraceuticals 8. High fibre supplement	This is nourishing, ideal weight food. Eat plenty Very low density CHO - less than 150kj/100gms - mainly vegetables. Low density CHO. Fruit and a few vegetables, less than 300Kj/100gms . The body needs an adequate amount of protein. Protein is a medium density food, being less than 1000 kj/100gms . 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.
Amber zone 9. Unrefined cereals	Unrefined, cereals - high density CHO - Circa 1500Kj/100gms. - Brown rice, oats, cracked wheat, millet, barley ... High fibre
Brown Zone 10. Condiments	Condiments - mayonnaise, gravy, milk, tomato sauce. Not good, but in small doses the condiments add 'spice' to your diet!
Red zone - Junk 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	High density, junk garbohydrates, convenience and diet-sabotage food. Principally white flour and sugar , (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.
Purple zone 12. Intolerant foods	Intolerant and Allergic Foods - for some people and not others 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 ...
Black zone 13. Poisons	Poisons 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 GARBOHYDRATE DIET - how to eat to increase your body size! (Yep, that's a 'g' not a 'c'.)



More and more Australians are existing on a **Garbohydrate 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, 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 meals. 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 leftovers 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 leftovers.	Maintain proportion control as well as portion control.
--	--

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	HIGH FIBRE SUPPLEMENT INGREDIENTS
Four types of snacks for people who want to lose weight.	Psyllium husk An essential bowel bulking and lubricating agent that's 80% fibre. 40%
Drink soup. If it comes in a can check to see if it contains less than 50 calories per 100gms.	Raw oat bran High fibre coupled with cholesterol-lowering properties. 40%
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.	Flaxseed A rich source of the omega 3, 6 and 9 essential fatty acids. 10%
Have a high protein snack - like a protein shake or some tinned fish.	Lecithin Important cholesterol lowering, fat emulsifying and liver detoxing agent. 10%
Eat fruit and/or vegetables	

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.

5. MANAGE THE STRESS OF YOUR LIFE

THE STRESS SITE MAP

The human body is designed to cope with stress.

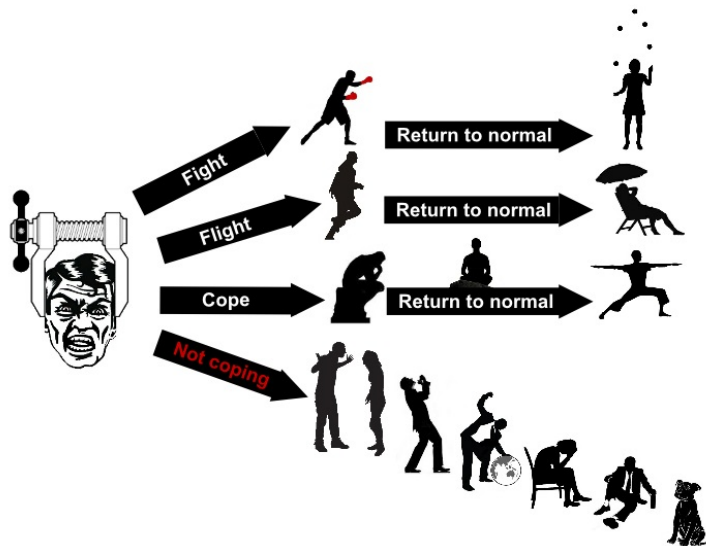
It's programmed at a subconscious level to automatically respond with chemical changes that initiate the fight and flight reflexes.

The human mind is also designed to cope with stress. Every action begins with a thought.

Epictetus 'hit the nail on the head' when they said, 'There is nothing either good or bad, but thinking makes it so' and 'People are not disturbed by things, but by the view they take of them.'

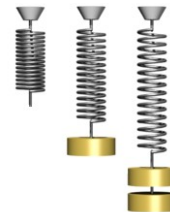
So when we're under stress we can make choices, to think, to act or succumb.

Robert Hooke's theory of elasticity provides us with another appropriate reference point.



According to Hooke's Law, elasticity is, '... the property of a material that allows it to resume its original size and shape after having been compressed or stretched by an external force – that is, unless it's stretched beyond its elastic limit.'

Stress is the mental condition where you feel stretched close to your elastic limit.



THE METAPHORS OF STRESS

We use all sorts of language to express how we feel when we're stressed, including cliché, metaphor and simile.



I'm flat out like a lizard drinking



I'm under pressure.



I'm over stretched



I'm up to my neck in alligators



Can't see light at the end of the tunnel



I'm under the pump



It feels like my head's in a vice



A weight's hanging over me



I can't stop.



I can't sleep.



Steam's coming out of my ears



I'm about to explode

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.

The further you get away from what you want the more stressed you feel.

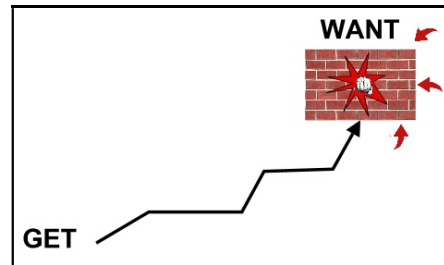
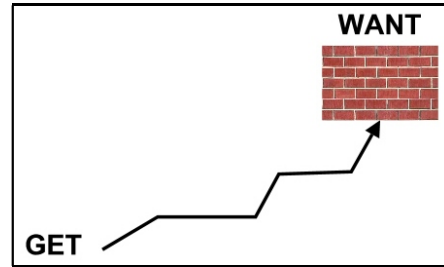
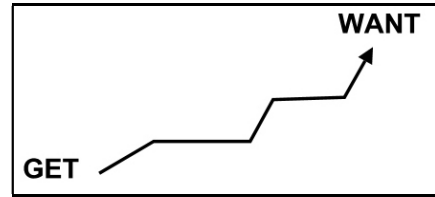
Stress is the distance between potential and achievement. You can be pretty certain you'll start feeling stressed when your Self comes to an understanding that you are not achieving your full potential as a human being

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.

If you want the want badly enough and you genuinely believe it is within your ability to get it, then you'll need to do some serious thinking to work out how to get past the brick wall - crawling under it, around it, over it, or crashing through it.

The word 'courage' from the French word 'Coeur', meaning 'the heart'. So, if you're prepared to walk over hot coals and crawl over broken glass to reach your heart's desire, then that is an exhibition of courage. First, find your heart's desire.



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.

Look after your *Self*.

RESILIENCE

Generally speaking, humans are more resilient than springs, which when they're reached their elastic limit never return to their original shape.

Humans are more resilient than steel beams, rocks, and balloons which, when stretched beyond their elastic limit, crumple, crack or burst. In fact we're more like trees. We have the capacity to bend with the wind and ride out the storm more often than we get 'blown over'.

We're designed to encounter and make decisions about what we should and shouldn't do to cope with the normal stressed of life.

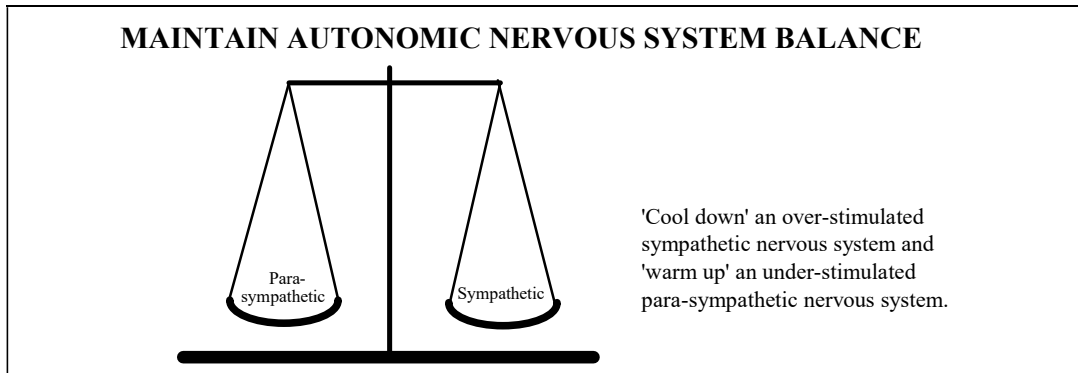
Look After Your *Self*



THE AUTONOMIC NERVOUS SYSTEM

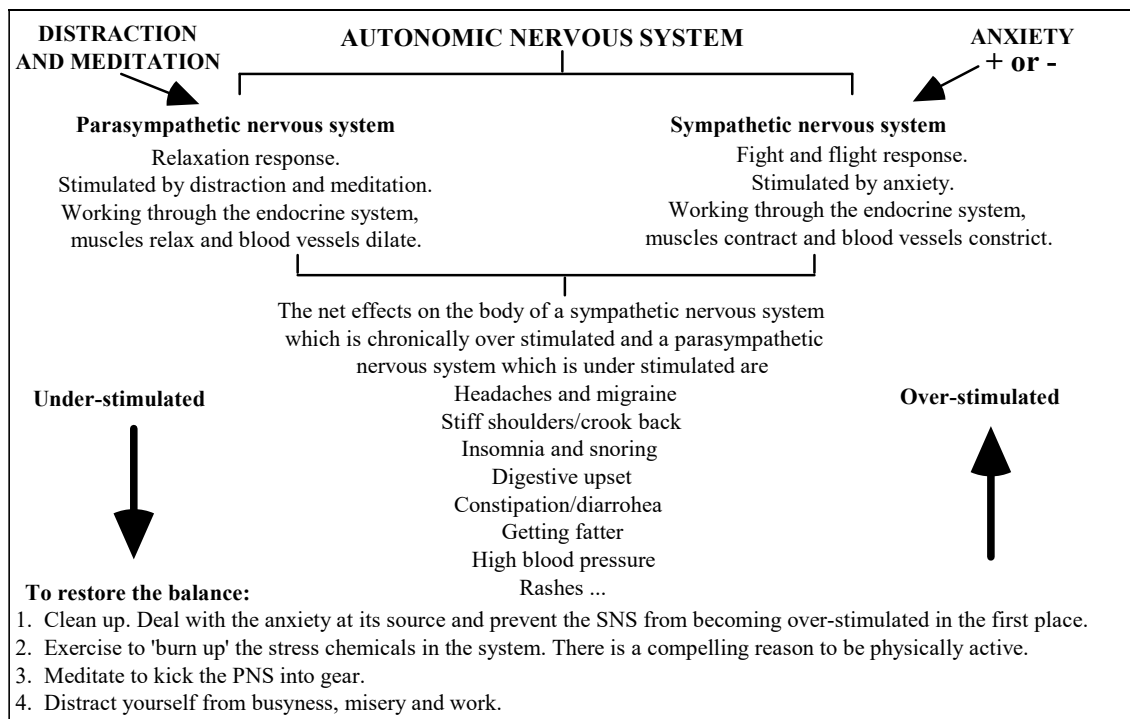
The autonomic nervous system runs sub-consciously the essential processes of your body like digestion and respiration, all of it under unconscious control. You don't have to worry about your heart rate, when to take the next breath, what's happening to your breakfast, it's all automatically controlled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

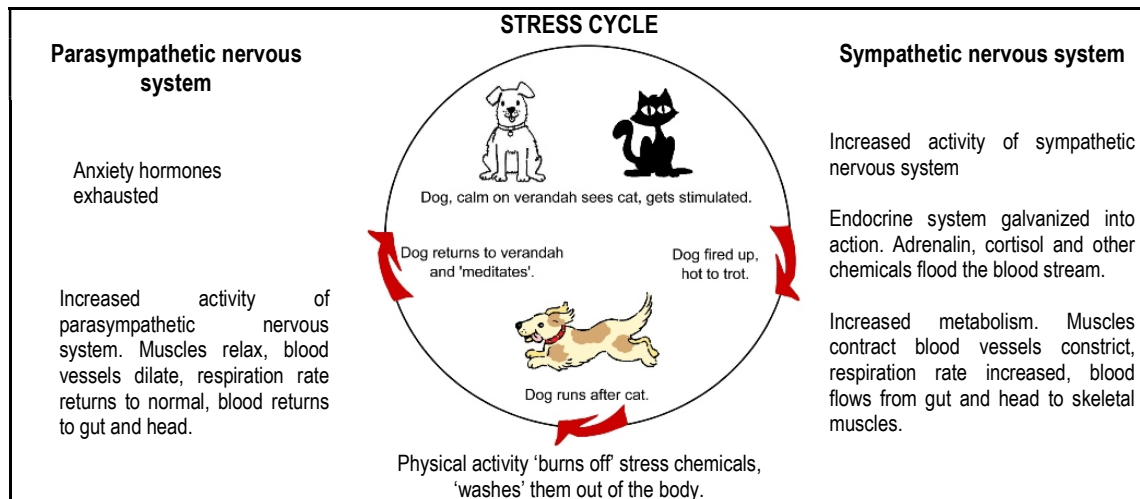
In the modern world, we get excited more often by nervous stress than wild beasts. And with chronic stress, every minute, hour, day, week, month, year and decade see us gradually getting more and more stressed. This is why blood pressure creeps up slowly over the years, particularly for busy people.

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 overactive 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

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.

High



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.

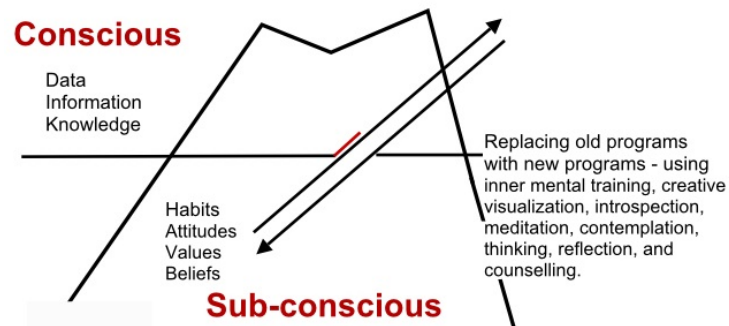
Live the present

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 ...

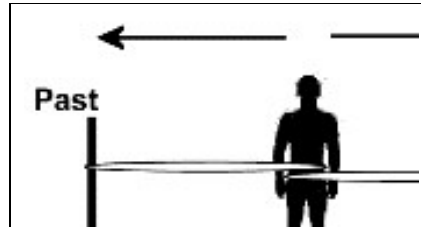
REPLACING OLD AND WORN OUT PROGRAMS



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.



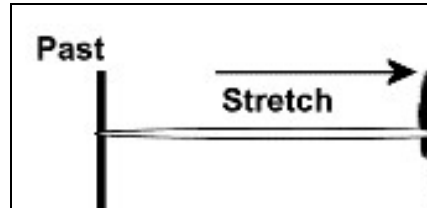
From Robert Fritz, 'The Path of Least Resistance.'

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.

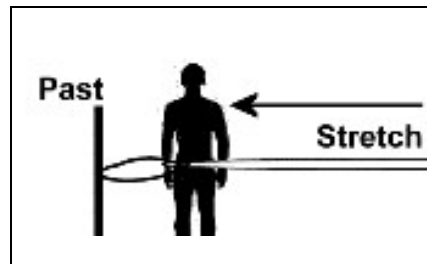
Reward

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.

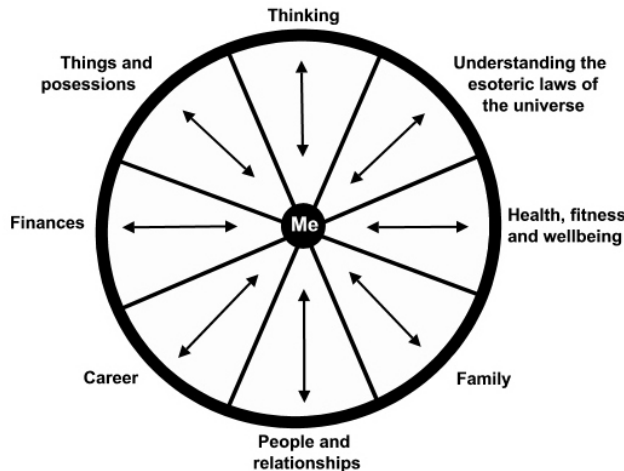
Investment

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 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. MANAGE THE STRESS OF YOUR CAREER

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.

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

You're a cork on the ocean. 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 make the effort to cruise safely on the ocean wave, put up with the turbulence of the surf, or make an effort 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?

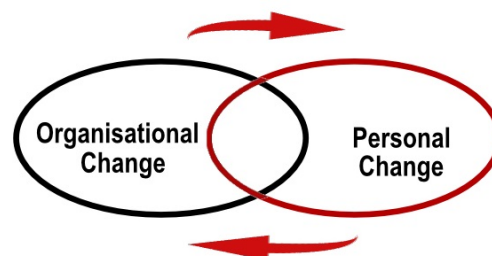
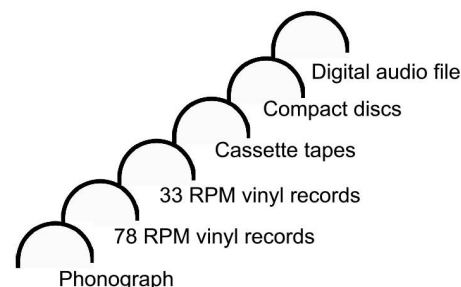
If you're looking to maximize your security you want to go to an organisation that's making products that are increasing in demand and value. It is also quite likely that you'll enjoy your job more if the life cycle of the organisation suits your personality and if it matches your life cycle.

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.

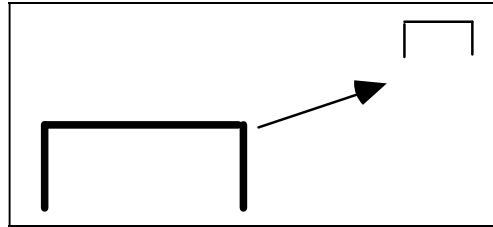
ORGANISATIONAL LIFE-CYCLE



WHERE IS YOUR ORGANISATION GOING

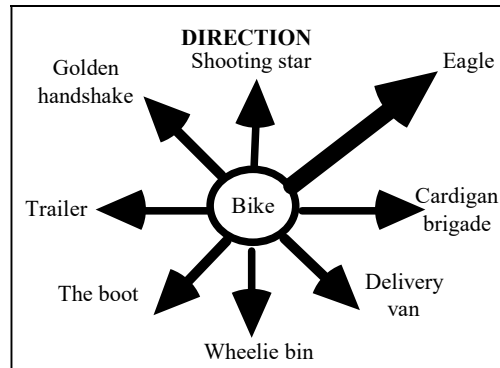
Organisations have goals which shift and change character. If you're not aware that change is taking place, or you're not keeping up with the times, you can get left behind. You'll end up stressed out of your brain.

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?



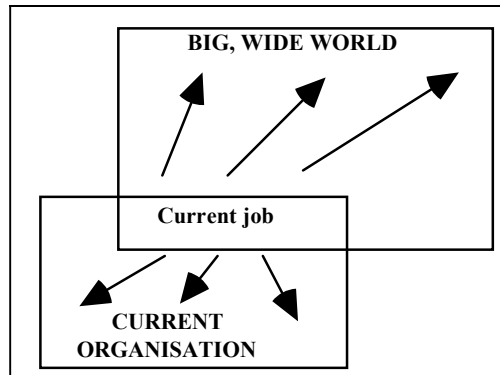
CAREER OR JOB?

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?

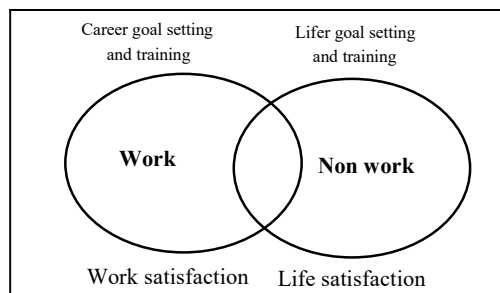


BALANCING THE WORK / NON-WORK EQUATION

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 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.

7. MEDITATE

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!

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

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.

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

HEALTH CLIMATE SURVEY – a good score is a low score

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 rest of 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 realize 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		Hardly any			A fair bit			A lot		
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida fungus: furry tongue, thrush, itchiness, tinea...	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep (Score 10 if you frequently use tablets)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring, sleep apnoea (Score 10 if using a gas mask)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal pain, back, neck, shoulders, hips, RSI ...	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. Reflux, unsettled stomach (Score 10 on tablets)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight (1 pt for every 2kg over ideal weight)	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, trots...	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 aerobic fitness	0	1	2	3	4	5	6	7	8	9	10
13. Low level of strength	0	1	2	3	4	5	6	7	8	9	10
14. Low level of flexibility	0	1	2	3	4	5	6	7	8	9	10
15. Chest pain, palpitations	0	1	2	3	4	5	6	7	8	9	10
16. Rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
19. Elevated insulin level	0	1	2	3	4	5	6	7	8	9	10
20. Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
21. Alcohol intake (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking behaviour (1 point/cigarette/day)	0	1	2	3	4	5	6	7	8	9	10
23. Caffeine intake (2 points per cup)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life, insecure, apprehensive about your 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. Unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

To find out the score of a normal, fit and healthy human being, go to page 60.

TOTAL

UNIVERSAL FITNESS TEST – scores for ‘regular folks’

1. **Body composition:** how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2	
% fat men	>35	<35	<30	<28	<26	<24	<22	<20	
% fat women	>42	<42	<40	<38	<36	<34	<32	<30	
	3	4	5	6	7	8	9	10	

2. **Lower body strength** – squats – until exhaustion #.....

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

3. **Front of body strength** – situps feet held - until exhaustion #.....

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

4. **Upper body strength** – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

5. **Hamstring flexibility** – sit and reach. How far down toward or past your toes you can reach with your fingers?

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

- 6a. **Right buttock flexibility** – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

- 6b. **Left buttock flexibility** – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

7. **Shoulder function** - stand with back against the wall, arms vertically in the 'surrender' position. Measure distance between the arms and wall.

>15	15	13	11	9	7	5	3	2	1	Flat
0	1	2	3	4	5	6	7	8	9	10

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

Men	<22	22	24	26	28	33	32	34	36	38	40
Women	<20	20	22	24	26	28	30	32	34	36	38
Points	0	1	2	3	4	5	6	7	8	9	10

X 3

If you want to be fit and healthy, exercise like fit and healthy people exercise!

TOTAL

5. SPECIFIC JOINT CONDITION ASSESSMENT

A good score is a high score.

	Dreadful										Good	Score
	1	2	3	4	5	6	7	8	9	10		
1. Lower back. Rate the current condition of your lower back.												
	0	1	2	3	4	5	6	7	8	9	10	
2. Upper back. Rate the current condition of your upper back.												
	0	1	2	3	4	5	6	7	8	9	10	
3. Neck. Rate the current condition of your neck.												
	0	1	2	3	4	5	6	7	8	9	10	
4. Right shoulder. Rate the current condition of your right shoulder.												
	0	1	2	3	4	5	6	7	8	9	10	
5. Left shoulder. Rate the current condition of your left shoulder.												
	0	1	2	3	4	5	6	7	8	9	10	
6. Right wrist. Rate the current condition of your right wrist and hand.												
	0	1	2	3	4	5	6	7	8	9	10	
7. Left wrist. Rate the current condition of your left wrist and hand.												
	0	1	2	3	4	5	6	7	8	9	10	
8. Right hip. Rate the current condition of your right hip.												
	0	1	2	3	4	5	6	7	8	9	10	
9. Left hip. Rate the current condition of your left hip.												
	0	1	2	3	4	5	6	7	8	9	10	
10. Right knee. Rate the current condition of your right knee.												
	0	1	2	3	4	5	6	7	8	9	10	
11. Left knee. Rate the current condition of your left knee.												
	0	1	2	3	4	5	6	7	8	9	10	
12. Right lower leg. Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...												
	0	1	2	3	4	5	6	7	8	9	10	
13. Left lower leg. Rate the current condition of your lower leg, and foot. Do you suffer from shin splints, Achilles tendonitis ...												
	0	1	2	3	4	5	6	7	8	9	10	
14. Right foot. Rate the current condition of your right foot. Do you suffer from heel pain, plantar fasciitis, malformed toes												
	0	1	2	3	4	5	6	7	8	9	10	
15. Left foot. Rate the current condition of your left foot. Do you suffer from heel pain, plantar fasciitis, malformed toes												
	0	1	2	3	4	5	6	7	8	9	10	
Total												

MUSCULO-SKELETAL RISK FACTOR ASSESSMENT

1. Current condition.

How would you rate the current condition of your musculo-skeletal system?

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

2. Body composition: how close are you to your ideal weight?

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

3. Lower body strength – squats – until exhaustion #.....

Squat so your bottom goes down to at least the crease in the back of your knees and stand up straight with legs fully extended.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

4. Front of body strength – situps feet held - until exhaustion#.....

>6	6	8	10	12	14		16	18	20	22	24
0	1	2	3	4	5		6	7	8	9	10

5. Upper body strength – press-ups – until exhaustion #.....

Men on toes, women on front of thighs.

>6	6	8	10	12	14	16	18	20	22	24
0	1	2	3	4	5	6	7	8	9	10

6. Hamstring flexibility – sit and reach. How far down can you reach?

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

7a. Right buttock flexibility – sit up straight, legs crossed, hands clasped behind back.

Left leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

7b. Left buttock flexibility – sit up straight, legs crossed, hands clasped behind back

Right leg under	Big fail	Nope	Almost	Just	Good	Perfect
0	0	0	1	3	4	5

Ttl

8. Shoulder function – stand against the wall, arms vertical in the 'surrender' position. The further they are away from the wall (in cms) the lower the score.

>15	15	13	11
0	1	2	3

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

9. Strength training behaviour

Do you have a regular strength training program. Sessions per week.

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

10. Flexibility training behaviour

Do you have a regular flexibility training program. Sessions per week.

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

The 'pass mark' is 70/100.

TOTAL/100

DIET PROFILE

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

☐

2. Do you eat a **decent breakfast** or is it just flour and sugar?

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

☐

3. Do you eat a **high fat , flour and sugar** diet?

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

☐

4. Do you eat plenty of raw fruit and raw vegetables?

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

☐

5. Do you eat predominantly from the top of the **Hourglass** – good food at the top and junk down the bottom.

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

☐

6. How many glasses of plain, unadulterated **water do** you drink each day?

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

☐

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

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 **cravings** for foods with a high sugar content?

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?

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

☐

If you want to be fit and healthy, eat the way 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.

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!

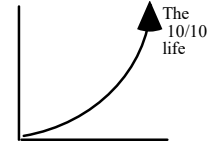
TOTAL

☐

Take care of your body. It's the only place you have to live.
Jim Rohn

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.

High stress							Medium		low stress		
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?

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

0	65	1	60	2	55	3	50	4	<45	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	6	7	8	9	10
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10. Are you happy with your **family** (and romantic) **life**?

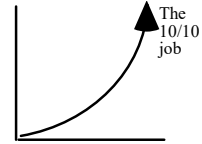
Not at all										Very
0	1	2	3	4	5	6	7	8	9	10

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

TOTAL

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

SUMMARY OF PROFILES

★ ★★ ★★ ★★ ★★
★★ ★★ ★★ ★★

Fitness	/100	
Musculo-skeletal Risk	/100	
Diet	/100	
Chemical Intake	/100	
Stress	/100	
Career Satisfaction	/100	



OCCUPATIONAL HEALTH, FITNESS AND WELLBEING GRAPH

Make a bar graph of your scores by shading in the rectangles.
The pass mark is 70.

100							
90							
80							
70							Pass
60							
50							
40							
30							
20							
10							
	Fitness	Musc/skel	Diet	Chemical	Stress	Career	

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

* HEALTH CLIMATE SURVEY

The score of a normal fit and healthy person is less than 20

THE LAW OF TOO MUCH AND TOO LITTLE

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?

Achieving life is not the equivalent of avoiding death.
Ayn Rand

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.

NOTES

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

