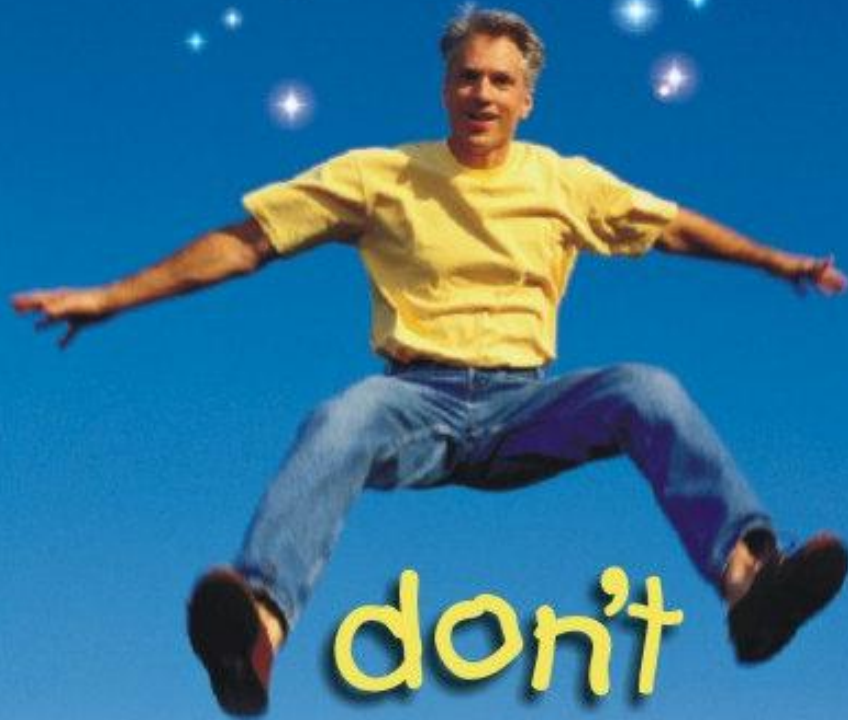


Contents

- Aging gracefully doesn't mean, totally 'lax out'
- Has '50' become the new '30'
- Is exercise the elixir of youth
- The BEST product in the world
- Immediate benefits
- How to add years to your life
- Big health news
- How 'thinking right' can add 7.5 years
- Pick up a dumbbell and retain you independence
- How exercise wards off osteoporosis
- Avoid turning your home into chemist shop
- Diet and exercise may reverse diabetes
- A simple cure for high blood pressure
- After 12 weeks I no longer need heart surgery
- Doctor endorse radical change
- Skin and bowel cancer averted
- Exercise is good for you pocket book
- Exercise your mind
- Discover the secret attitudes
- What the best looking seniors do to look so good
- How centurions eat and act
- Thirty tips on how to get physical this year
- Ageless teeth - An example of the benefits
- Sample Gym programme
- Special offer



don't
act ^{your} age!

by Paul
Richards

CLUB PHYSICAL
WHERE YOU BELONG

Healthy ideas to
help you look and
feel young again!

Acknowledgements

I would like to acknowledge the Club Physical team. Without the help and loyalty of many key people I would not have been able to have the priceless experience that I have had.

Thankyou to the several members who have participated in this book. I hope that your comments will inspire many.

Thanks also to;

- Frank Rosci
- Hal Hockfield MD
- Bala Cynwyd; Personal Trainer
- Michael Cowen; Psychiatrist
- Dick Goldberg
- Dr Steven Blair
- Zig Ziglar
- The NZ Herald
- Dr Helmut Minne
- Reuters

Special thankyou to my wife Tina – an incredibly positive, supportive and patient person.

Aging gracefully doesn't Mean like, totally 'lax out'

It intrigues me how particular word usage becomes a 'new trend' with each generation. As a full blooded baby boomer the words to use in my impressionable years were, "hip", 'cool', and 'hey man'.

Now, if I were a Martian I would be incredibly confused. 'BAD' now means good..... and a 'cool guy' is also a 'HOT' guy! Again I was intrigued when asking a teenager last week what she did on the weekend, the answer came, "I like, totally laxed out". This was a new one for me.

But words *are* powerful and I have just read a study on the words to use to encourage baby-boomers to exercise; And surprisingly 'fitness' isn't one of them. 'Fitness' is actually a negative word for some. It conjures up impressions of uncomfortable, hard effort and heavy breathing. The report advises that people DO like the word ACTIVE however, so I used that on the title of this booklet.

Aging gracefully has taken on new meaning for many baby Boomers. Unlike their parents who were told to slow down, these folks are living life abundantly. It might not mean pushing the envelope, but one thing we all have in common while saving the planet is a desire for a better quality of life. That means regular exercise.

Has '50' Become the New '30'?

Frank Rosci says in an article 'People these days are living longer than ever. And as they go through their longer, fuller, richer lives, they're taking better care of themselves and aging gracefully So much so, that even at 50 years of age and older - once upon a time considered "over the hill" - many are more like 30-year-olds in their thinking, behavior, viewpoint, attitude and even physique.

These baby-boomers are practically as active as their younger counterparts. They can still do many of the physically demanding things that younger people do, and they remain committed to staying that way for as long as humanly possible.

Why and how is this national phenomenon happening?

"One of the most important reasons are lifestyle changes. Far fewer people smoking than before, and a greater emphasis on diet and exercise," explained Hal Hockfield, M.D., an internist at Abington Memorial Hospital and a member of Abington Plaza Medical Associates, USA.

"Everything has changed today. People are working longer, and thinking and dressing younger, staying involved in the things they love to do, and are more active overall," he said.

"They're not retiring early as they did, for example, 20 years ago. People today don't want to do that because they don't want to turn into couch potatoes. There are people who are 75 and 80 who are still working, keeping their bodies and minds active."

In his view, people age 55 today are the 40-year-olds of two decades ago, while those 75 now are the 55-year-olds of 20 years ago.

"If someone makes it to 70, chances are good that person will live to at least 85," he added.

They've Got More Info

Contributing to the 50-plus fountain of youth is the socio-economic fact that people are much better educated today about key health issues, Hockfield continued, with more readily available literature and research to support healthy living, which means society is seeing the results in terms of not just quantity (living longer) but also quality (living better and smarter).

"It's a very real thing, even if the cause is peer pressure. It's a contagious movement among those 50 and older, with the expectation that if people are living longer, they can maintain this lifestyle for as long as they want to in order to enjoy a higher quality of life," he stated.

A number of 50-year-olds also have home gyms, and some even have personal trainers, he observed, as part of a general trend toward healthier living.

Personal trainer and sports nutritionist Joanne Sgro, 33, of Bala Cynwyd, has about 10 clients age 50 and older under her wing at present, she reported.

"Exercise and healthy living is part of their lives and always has been," said Sgro. "They are well-educated and well-off socio-economically, so they have the time and interest to take care of themselves."

Among them is a 49-year-old woman into horseback riding, who sought Sgro to work on increasing her strength, a key to a finely tuned metabolism.

"She and others think exercise is fun, and they want to stay in shape for as long as they can," the trainer explained.

Other clients are into tennis and dance, activities for which Sgro customizes exercise regimens. Some are into weight loss as well, Sgro confided, inspired by her own story of winning a long battle against obesity by losing 200 pounds. She's worked as a personal trainer since 2001.

"Those in shape at 50 today have many more opportunities to stay in shape, with the numerous health clubs now in existence, for example, and they are much more likely to stay in shape later in life," attested Sgro.

From a psychological perspective, psychiatrist Mitchell Cohen, clinical associate professor of psychiatry and human behavior at Jefferson Medical College of Thomas Jefferson University, noted that for 50-year-olds today, there isn't the same pressure there used to be 20 to 25 years ago.

According to Cohen, "Back then, many at that age would simply accept that they were getting older and say to themselves that it was their last shot at being able to perform - to have one last fling. Now, because the wall of illness many would hit at 50 has been removed, they're in great health and able to do what they want.

"Today, people are younger than they used to be at that age. And many of the tasks that were part of middle life - of middle adulthood - are gone, such as the burden of making major decisions about how to handle the future of aging parents, who themselves are living longer, allowing their children to adjust more gradually to the challenge of coming to real terms with parents," said Cohen.

Now, those at 50 can relax a bit more about this and other questions that were pertinent in the past, and avoid the need to act out, to go through a so-called mid-life crisis, he said.

"This spreading out of time and reduction in stress, plus the fact that there has been a tremendous education of people who are 50 and older, is allowing them to live more freely, to feel they have some control over their lives - to feel more comfortable about things and to enjoy their good health in as many active ways as there are," concluded Cohen.

Free to Be

Over at Temple University USA, Dick Goldberg, an expert on the boomer generation, works with the "Coming of Age" project - a partnership among Temple, AARP, WHYY radio and the United Way. Run by Dr. Nancy Henkin through the university's Center for Intergenerational Learning, it's designed to inspire opportunities for people 50 and older in civic engagement and education in Greater Philadelphia.

"There are 1.5 million people 50 and older in the Greater Philadelphia area, many of whom are in better health than previous generations. Research suggests they're that way not only because they're committed, but because they've maintained their health all along," explained Goldberg.

Another reason for the vitality of today's 50-plus set, he remarked, has to do with fewer familial duties on their daily schedules: "Their child-raising obligations have lessened. In general, their children are grown, and have moved on."

The project's 2005-06 "Boomervision!" series - called "What Boomers Want" - has presented lectures on topics such as "Brain Health" by Paul Nussbaum, Ph.D., a neuropsychologist

from the University of Pittsburgh's School of Medicine; and by local radio personality and author Dan Gottlieb, Ph.D., who has talked about "Meaningful Relationships" and the manifold benefits of "Good Work." Brooklyn-based freelance writer Ellen Freudenheim has also spoken.

"Coming of Age" was created two year ago, said Goldberg, and is intended to be in place in perpetuity - just as a lot of baby-boomers hope to be.'

Is Exercise the Elixir of Youth?

A study published in *Circulation* in September 2001 documents what many cardiologists and athletes have believed for a long time - moderate amounts of aerobic exercise can literally "roll back the clock." The study was a 30-year follow-up to the well-known Dallas Bed Rest and Training Study, conducted by researchers at Southwestern Medical Center in Dallas in 1966.

The 1966 Study

In the original Bed Rest and Training Study, five 20-year-old healthy men were placed at bed rest for 20 days. Their aerobic capacity was measured before and after the 20 days of bed rest. At the end of the period of bed rest, all five had experience a pronounced loss in exercise capacity and cardiovascular fitness. Then, after 8 weeks of intensive exercise training, the five 20-year-old men were able to recover and surpass their original level of aerobic fitness.

This 1966 study, conducted mainly to help NASA scientists predict the effect of prolonged weightless space travel, had a profound effect on the practice of medicine. Prior to this study, bed rest was frequently prescribed by physicians for a variety of illnesses - heart attacks being one of the more prominent examples. Once this study was published, bed rest was finally

recognized to be a highly destructive physiological event, and rapid ambulation after heart attacks, surgery, and most other acute medical conditions came into prominent use.

30 Years Later

Thirty years after the original study, the same researchers located the same five original study participants - now men aged 50 to 51 - and asked them to participate in a follow-up evaluation. They all agreed.

The five now-middle-aged men underwent measures of their aerobic and cardiovascular fitness. Their baseline fitness levels were similar to the fitness levels they had experienced after 20 days of bed rest 30 years earlier. Following this baseline evaluation, all five entered an exercise-training program tailored to their individual interests. Two men entered a walking program, two a jogging program, and one a bicycling program. Their exercise was gradually increased to the level of duration and intensity of their 1966 exercise program - to between 4 and 5 hours of exercise a week. Then, after six months, their aerobic and cardiovascular fitness was re-measured.

Amazingly, with 6 months of moderate aerobic exercise, all five middle-aged men had restored their aerobic and cardiovascular fitness to the baseline levels they had enjoyed 30 years earlier, as healthy 20-year-old men.

Conclusions

1) Twenty days of bed rest has the same effect on cardiovascular fitness as does 30 years of ageing.

2) With as little as 6 months of moderate aerobic exercise, middle-aged individuals can reverse the effects of decades of ageing on cardiovascular fitness.

What this means

cardiovascular fitness is important from several aspects. It slows the process of hardening of the arteries, reduces the risk of heart attack and stroke, keeps weight down, reduces the risk of developing diabetes, reduces LDL cholesterol (bad cholesterol) and triglyceride levels, increases HDL cholesterol (good cholesterol,) and reduces the inward signs of ageing (i.e., "feeling old,") as well as the outward signs of ageing (i.e., "looking old.") The very best ways to look years younger than your age are: 1) don't smoke, and 2) get plenty of exercise.

This latest study should be very good news for those of us who are of a certain age. For what it tells us is that, not only is exercise good for you, and not only can it reverse some of the physiological effects of decade's worth of ageing, but also, apparently, it is never too late to begin a sensible exercise program and to actually experience the benefits of exercise.

Conversely, this study reemphasizes the risks of a sedentary lifestyle. Very few people are completely sedentary, of course, to the point of being virtually at bed rest. But many, many people are living highly sedentary lifestyles that are merely less drastic versions of bed rest. Over time, these people can expect the same type of cardiovascular deterioration seen in young, healthy people who are placed at 20 days of bed rest. Their decrease in cardiovascular fitness makes them, physiologically at least, decades older than they are.

Exercise may not actually be a fountain of youth, but it is as close as it gets at this point.

The BEST product in the world....you'd better believe it!

As the founder of Club Physical in New Zealand, most of the time I have spent in the health club industry I've felt like an evangelist. I'm constantly excited and motivated by the product we offer. Indeed I am like that guy in the Remington shaver ad years back "I liked the product so much, I bought the company!"

We do sell 'the best product in the World'! Here's why. Here are just a few of the health benefits that help active members get the most from life!

- Increased strength
- Increased independence
- Improved balance
- Increased bone density
- Better sleep
- Decreased pain
- Improved appetite
- Better bodily functions

In addition physical 'activity' has been proven to alleviate, remove, reduce or annihilate;

- Obesity
- Heart disease
- Depression
- Osteoporosis
- A variety of cancers including breast cancer
- Sleep disorders
- Type 2 diabetes.....and as they say in the commercials...MUCH, MUCH MORE!!
- Hypertension
- Colon cancer
- Stroke
- Arthritis

The immediate benefits you will recognize in daily living

One of the fastest areas of improvement you will notice when you commence a resistance programme is a rapid increase in strength.

In many cases an individual's strength has doubled and even tripled. We have seen this occur many times over at Club Physical. These are the type of results highlighted in studies conducted by Tufts University USA – over 60's were able to double their strength within a few weeks of structured weight training.

Other physiological improvements will lead you to simply *feeling better* within weeks and performing better in all areas of your life.

For instance, you may find your increased well-being allows to join in other clubs and activities in the community. Some over 60's have reported that they are better able to keep up with their grandchildren than their sons and daughters are! When you increase your fitness your freedom of choice in recreation options expands.



How to add years to your life

Millions of people have desperately searched for the true 'elixir of life'. Could it be a 'hidden city', a magical super pill, or as simple as pure mountain water?

The real answers lie simply in how we 'think', what we 'do' and what we eat. Each of us age differently. As you'll see here, some are blessed with an incredibly youthful appearance for their age.

Hopefully, you'll experience for yourself, the amazing benefits an intensive weight training regime can have towards retaining your youth.

Over the coming pages we'll introduce you to several characters who attend Club Physical. At the time of writing we have four hundred and eleven members over the age of 60! So let's reveal some of the secrets to living longer;

BIG NEWS Authorities say ALL should weight train at least twice weekly

NZ Herald Friday 3rd August 2007; Two of the World's leading health groups have issued new landmark recommendations for physical activity. Adults should do 30 minutes moderately intense aerobic exercise daily. They also call for weight-lifting exercise at least two days weekly.

The American Heart Association and the American College of Sports medicine say that the weigh-training session should consist of 8-10 exercises. They are also urging those 65 years and older to lift weights to improve their strength and prevent falls. "If you want to stay out of nursing homes the best approach is to be sure you are physically active and fit" says Dr Steven Blair.

The authorities recommend 'vigorous activity' such as jogging or gym workout for at least 20 minutes, three times a week. This news has massive implications for each one of us at Club Physical. It's a powerful endorsement for 'weight-training' which is offered in gyms.

NEWS

Exercising the problems away

Staying fit will keep people out of the nursing home, say US researchers



WASHINGTON — Adults should engage in moderately intense exercise for at least 30 minutes five days a week or vigorous exercise of at least 20 minutes on three days, United States experts say.

Two leading health groups have issued new guidelines on physical activity, updating recommendations made in 1996, while also crafting advice tailored specifically for those 65 and older.

The guidelines from the American Heart Association and the American College of Sports Medicine recommended weight lifting and vigorous aerobic exercise while also being more specific on how many days a week people should work out.

The advice comes amid rising health problems stemming from sedentary lifestyles and obesity among Americans, as well as people in many other nations.

"I think physical inactivity is the biggest public health problem we face. I think it accounts for more morbidity and mortality than anything except maybe cigarette smoking," said Steven Blair, of the University of South Carolina, one of the experts who crafted the recommendations.

The 1996 recommendations, issued by the sports medicine colleges with the US Centers for Disease Control and Prevention, had said: "Over 18 adults should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week."

The new guidelines call for healthy adults to engage in moderate-intensity aerobic physical activity for at least 30 minutes five days each week or vigorous-intensity aerobic exercise for at least 20 minutes on three days.

The guidelines also say exercise above the recommended minimum amount provides even greater health benefits.

Moderate-intensity aerobic activity can be a brisk walk, light jogging or other exercise that noticeably accelerates the heart rate.

Vigorous-intensity exercise like jogging causes rapid breathing and a substantial increase in heart rate.

The guidelines called for weightlifting exercise to work on muscular strength and endurance, with eight to 10 different exercises on two non-consecutive days a week.

The new guidelines offered specific advice for people 65 and older, urging them to consider lifting weights, improving their strength to prevent falls, and working on flexibility exercises and balance training.

KEEPING FIT
How long/how often:
■ Moderate exercise (a brisk walk): At least 30 minutes five days a week.
■ Vigorous exercise (jogging, gym workout): At least 20 minutes three days each week.

HOW AND WHEN: The guidelines say exercise above the recommended minimum provides even greater health benefits.
PICTURE: GETTY IMAGES

— 2007/08/05



How merely 'thinking' right can add 7.5 years to your life!

Famous speaker Zig Ziglar likes to say "Avoid stickin thinkin!"

Optimism has been shown to be a key to longevity. It used to be said that good people were short-lived - a belief honed in earlier times when infants and children frequently did not grow up, and anybody (good-natured or not) could suddenly be felled by infectious diseases. Is there a link between personality and health? In scientific studies, it's not easy to prove that positive or negative attitudes affect health. Still, it stands to reason that optimism and a sunny disposition could contribute to long life.

And indeed there is a body of evidence that well-adjusted, socially stable, well-integrated people have a lower risk of disease and premature death than loners and the chronically discontented and pessimistic. Most research finds that optimism is associated with longer life, though it certainly does not guarantee it.

In a 23-year study done in a small town in Ohio by researchers from Yale and Miami Universities, people over 50 who viewed aging as a positive experience lived an average of 7.5 years longer than those who did not - a big gap.

People got more mileage out of optimism than from lowering blood cholesterol levels. And other things being equal, they got more mileage out of their will to live than other psychological factors.



Pick up a dumbbell and retain your independence in older age

Every time I visit my dad I can *feel* his disappointment. Struck with Parkinson's disease he is confined to a chair and at the mercy of others who visit to do the many 'simple' jobs around the house. Dad barely has the strength to pull himself out of the chair. When he sits, he 'falls' with his thigh muscles unable to withstand a dignified lowering of the body.

Yet many of those older in years suffer similar handicaps without the infliction of Parkinson's. Yesterday a friend admitted to me that his wife of a mere 55 has been regularly suffering 'falls'.

When we were very young we were most probably 'active' throughout the day. Running, skipping, jumping, kicking a ball. But in later years, because we don't often run and play the games of our youth, we often neglect to realize how vital it is that we should have a structured exercise programme.

An elderly gentleman I know recently fell in his own home. Because his arms were not strong enough to pull himself up, he remained on the floor. It was almost a full day before a random visitor discovered his plight.

Weight training will keep the body as strong as possible well into your 70's, 80's and 90's. Keeping your thighs strong will help you to get in and out of chairs, to pick up the clothes washing, kneel down to your grandchildren and will save your lower back. When you allow your legs to become weak you increase the likelihood that you will pick things up using your back as a crane!

If you are in the habit of avoiding lifting with your legs, keeping your back straight, you run the risk of lower back damage. And if you are one of the 80% of New Zealanders who has suffered a lower back injury, you will know how debilitating this is. It's worth taking action to avoid it!

Strength training will help you maintain your independence.

How exercise Can Ward Off Osteoporosis

BERLIN (Reuters) - Doctors used to think a good, calcium-rich diet was enough to avoid the crippling bone disease known as osteoporosis, but it is now clear that regular exercise is just as important, a new report released on Thursday said.

"One of the best ways to build and maintain healthy bones is through exercise," Dr Helmut Minne, a leading German osteopath and board member of the International Osteoporosis Foundation (IOF) said in the IOF's new report, "Move it or lose it."

The IOF is a non-governmental organization of scientific experts and national societies which focus on the disease.

Osteoporosis, in which the bones become fragile and break easily, is one of the world's most common chronic diseases. It

strikes one in three women over 50 worldwide -- more than breast cancer -- and one in five men -- more than prostate cancer, the report said.

Because bone is living tissue which renews itself continuously, it requires regular stimulation from physical activity. Like muscles, bones should be used regularly or they will deteriorate, the report said. People develop peak bone mass during early adulthood, which eventually begins to decline.

"Physicians once thought that reaching this peak depended primarily on diet, including sufficient calcium intake and exposure to vitamin D in the skin," the report said.

"But recent studies have (shown) that in laying down the bone foundation that will serve for a lifetime, exercise is just as important as diet," it added.

The report, which was released in Berlin for "International Osteoporosis Day" on Thursday, says women who sit for more than nine hours a day are 50 percent more likely to have a hip fracture than those who sit less than six hours a day.

Exercising the back during middle-age can help prevent vertebrae from weakening or fracturing when people get older, the report said.

Not all types of exercise stimulate bone mass growth. Weight-bearing and high-impact exercise like running or dancing is best for stimulating bone formation.

"Exercise builds strong muscles, which in turn builds strong bones," Minne said. "Exercise also improves muscle control, balance and coordination, and reduces the risk of falling or suffering a fracture during a fall."

Avoid turning your home into a chemist shop

A recent article I read in New Zealand quoted the elderly having on average, five various medicines and bottles of pills beside their beds.

In my experience the medical profession is far too quick to dish out drugs as a quick 'solution' to your ills. Most have studied little about healthy nutrition and the benefits of exercise.

Even worse, the drug companies know that they are onto a good thing. So they bribe doctors with an assortment of incentive gifts for choosing and recommending their wares.

Little is known about the long term effects of many of these drugs. What could be addressing a system for one complaint could be contributing to another. The drug companies have become very powerful, and very persuasive. Beware.

It's always an enormous pleasure to have a person complete one of our twelve week programmes and to be told that there is no longer a need for them to take medication to keep their Type 2 diabetes at bay.



Cameron Freeson's doctor couldn't find any sign of diabetes after he completed our 12 week programme with his wife.

New research shows that Diet and exercise may reverse diabetes

Lifestyle changes like diet and exercise may not only prevent type 2 diabetes but may reverse it according to a Brigham Young University study published November 9th, 2005 in the Journal of the American Association of Occupational Health Nurses.

Randomized clinical trials have proven that Type 2 Diabetes is a lifestyle issue. Researchers discovered after the two year trial that the majority of participants were diabetic no longer. The solution was found to be;

- To control food quantity
- Improve food quality
- Get 30 minutes exercise daily

This was certainly the case when Aucklander Cameron Freeson and his wife Janine completed an intensive 12 week Transformation programme with Club Physical.

*"The most amazing thing is that my diabetes has disappeared and the doctor has taken me off medication. And my cholesterol is now next to nothing. As a result I've gained confidence and applied to join the NZ Police". **Cameron Lost 14.9cms from waist - Body fat dropped from 28% to 19%**"*

Protected by Copyright. Produced by Club Physical

124,000 Kiwis are known to have diabetes. According to American estimates, a person with diabetes can cost the country \$NZ 500,000!

“ The New Zealand Government need to wake-up to the fact that it is a lot cheaper to get people fit than to pay for sickness. And for motivation follow the example shown by Sweden and Norway by making fitness programmes **tax-deductable**.” Says Paul Richards.

Sources:

* Journal of the American Association of Occupational Health Nurses Nov 2005

* Diabetes Care, November 2005; Drs Kazue Yamaoka and Tashiro Tango, National Institute of Public Health, Japan.

A simple cure for high blood pressure

After the 12 week programme I just spoke of has been completed by several hundred people, my wife and I lay each person's before and after results across the floor of our large lounge. Without fail, one of the most predictable results will be in high blood pressure returning to 'normal' – 120/80 and below.

We regularly see huge drops of 20 points over the 12 week period. People who had been on medication for high blood pressure, no longer need to take it. Yet the solution had been quite simple. A programme of healthy eating and regular exercise. Exercising is cost effective.



Tukisifa Mokalei Age: 38 Club Physical Three Kings – TRAINER; Omer, Waistline reduced: 10.2cms

'After 12 weeks I no longer need heart surgery'

“I have been had diabetes and high blood pressure for almost 18 years. I was overwhelmed, confused and angry. I often wondered whether I could get through the rest of my life. Then two years ago I was diagnosed with heart disease. Life was so unfair. I didn't know what to do. I thought 'What's the point of living if I can't enjoy myself?' I remember the doctor at the hospital saying that if I didn't do anything about it, it might KILL me!

I was then scheduled for heart surgery.

Before the surgery, three months ago I stepped onto the path of *physical fitness*. This has lead to a BIG change. It has reduced the risk of major illness. And now, I no longer need surgery for my heart!

Thank you Club Physical and my Private Trainer, Omer for encouraging me to achieve a remarkable result.

World famous doctor endorses radical change for a longer life

Press release March 24,05

Dr Dean Ornish last week told over 15,000 quality health club operators from around the globe that it has now been scientifically proven that abrupt radical lifestyle change by far outweighs the slow progressive approach to health improvement.



“To explain this Dr Ornish told us that the adoption of a *daily* exercise routine, minimal fat diet, smoking cessation and regular peer support meetings will much more likely be maintained *if done in unison* because the recipient will enjoy immediate and dramatic health benefits” says Paul Richards, CEO of Club Physical.

“In the past we had been encouraged to go slowly when dealing with a person’s lifestyle change. For instance, instead of having fast food breakfast, lunch and dinner, we might have suggested minor step by step changes, like changing your dinner menu”

At the San Fransico meeting Dr Ornish endorsed ‘third world’, or Asian food as being the healthiest way to eat. He stated that a good diet is one high in complex carbohydrates. He warned against proponents of the ‘Aitkin’s’ style of low carb dieting as being extremely detrimental to one’s health. Slides shown to the thousands in attendance graphically highlighted comparisons using the loss of blood flow to the heart between people on the Aitkin’s diet for a 12 month period vs. those on a high carb diet.

Alarming trends now have a **massive 65% of the US population overweight!** Diabetes has increased 70% in just ten years. This compares to New Zealand who is now the world leader in Type 2 diabetes and holds third place as the world’s fattest nation!

Saturday’s NZ Herald reported that life expectancy, which has been rising for centuries is now turning into a decline as the number of overweight people expand.

“We look at this as a huge opportunity to lead thousands to improved health. Following Dr Ornish’s studies we will certainly now work with our members with the aim of radical change leading to faster longer lasting results!” says Paul Richards.

Two New Studies Shed Light on How Exercise May Protect Against Skin and Bowel Cancers



Pictured: A Group on the Club Physical Cancer Wellfit programme

“Two studies published Saturday 13 may have shown that exercise can protect against skin and bowel cancer, and they have identified new mechanisms that could be responsible for this effect.”*

Published in the journal "Carcinogenesis", one study found that female mice that had 24-hour access to running wheels and were exposed to ultraviolet B light (UVB) took longer to develop skin tumors, developed fewer and smaller tumors, and had decreased amounts of body fat compared to mice that did not have access to running wheels. The second study looked at the development of pre-cancerous polyps in the intestines of male mice and discovered that voluntary exercise and a restricted diet reduced the number and size of polyps and improved survival.

Dr Allan Conney, Garbe Professor of Cancer and Leukemia Research and Director of the Susan Lehman Cullman Laboratory for Cancer Research at Rutgers University, New Jersey, USA, is one of the authors of the skin cancer study. He said that programmed cell death (apoptosis), triggered by exercise, might explain why the running wheel mice did better.

"Preliminary indications from follow-up work in the laboratory suggest that voluntary exercise enhances UVB-induced apoptosis in the skin, and that it also enhances apoptosis in UVB-induced tumours. So, although UVB is triggering the development of tumors, exercise is counteracting the effect by stimulating the death of the developing cancer cells.



"This is particularly significant for New Zealander's who do have a high prevalence of skin cancer. 80% of Kiwis have some form of cancer during their lives and this new study shows that the benefits of regular exercise for ALL people can't be underestimated.

Club Physical offers a FREE 10 week programme for people undergoing treatment for cancer.

Paul , Ph: 09 – 417 0071

Exercise: It's Good for your Body, and for your Pocketbook

By Richard Seven

Take it from me, doing *nothing* is quite enjoyable. But don't overdo it.

Why?

Because physical activity substantially reduces the risk of:

- Dying of heart disease, the nation's leading cause of death;
- Colon cancer
- Type 2 diabetes
- High blood pressure.

Still not convinced? Regular exercise also helps:

- Control weight
- Build healthy bones, muscles and joints
- Reduce falls among older adults
- Relieve arthritis pain
- Alleviate anxiety and depression
- Reduce hospitalizations, physician visits and medications.

Then there's the money. The annual cost of treating just one of these maladies, diabetes, exceeds \$96 billion a year.

But you knew that, right? Then why do half of American adults fail to get enough exercise to provide health benefits, and another quarter aren't active at all?

I don't mean to be a party pooper, but scan the holiday gifts you just opened. How many represent sedentary entertainment: a video game, a movie, a book or play tickets? Those are all fine, but how many gifts will help a loved one get moving?

The Centers for Disease Control and Prevention advises adults to get at least 30 minutes of moderately intense physical activity most days. Daily is better. Children and teenagers should get at least 60 minutes of physical activity every day, yet the average kid spends about four hours in front of a TV or computer screen.

Washington has one of the more active populations. According to CDC statistics, 54.2 percent of its residents meet or exceed the "recommended" level of activity. But almost 10 percent are "inactive."

Colin Milner, CEO of the International Council on Active Aging, thinks people might become more physically active if they knew it could save them, on average, more than \$2,200 per year in health-care costs. The problem, Milner says, is "few people are aware that what's good for their health is good for their wealth."

Research from the World Health Organization found that older people spend more of their income on health than any other "need" or activity. The average annual health-care cost for someone with a chronic condition is more than \$6,000, five times higher than for someone without such an issue, says the Partnership for Solutions, a project of Johns Hopkins University and the Robert Wood Johnson Foundation.

One in five companies surveyed for the Kaiser/Hewitt 2002 Family Retiree Health Survey planned to deny workers future retiree health benefits because of rising costs. The Social Security Administration recently announced that beneficiaries would get a 4.1 percent cost-of-living increase this year.

As health care costs rise and the wealth of older adults diminishes, substantial numbers of baby boomers will continue working into their 70s or later, according to a recent American

Association of Retired Persons survey. But many boomers, says Milner, may develop health problems that keep them from working, so they should embrace physical activity now.

Let's not forget the kids. In the face of alarming obesity figures, experts suggest parents and teachers put the fun back into exercise and encourage kids into sports without the pressure of having to be the best.

Being fit has an added benefit: an increased ability to burn fat. The blood flow in a fit muscle is greater in one that isn't.

The CDC suggests these baby steps to fill in the gaps in your workouts:

- Walk or cycle to work, school or the store.
- Take your dog - or kid or spouse - on a long, brisk walk.
- Take a 10-minute fitness break from work instead of a cigarette or coffee break.
- Help a friend with gardening or home repairs.
- Do things the old-fashioned way, like using a push mower.
- Exercise while watching TV.



Exercise for Your Mind

(Ivanhoe Newswire) -- New research from Group Health Cooperative in Seattle reveals exercising three times a week or more may reduce the risk of dementia by up to 40 percent.

For the study, researchers followed more than 1,500 people ages 65 or older for six years. They found exercise significantly reduces the risk for dementia and Alzheimer's. The study also revealed people already affected by either illness will benefit from exercising.

Eric B. Larson, M.D., lead study author and director of the Center for Health Studies at Group Health Cooperative, says, "We learned that a modest amount of exercise would reduce a person's risk of dementia by about 40 percent. That's a significant reduction."

People who were frailest at the start of the study benefited most. Dr. Larson says, "This means that older people really should use it even after you start to lose it because exercise may slow the progression of age-related problems in thinking."

Study investigators believe future research should try to determine whether exercise causes a lower rate of dementia or whether physical activity is a proxy for "life engagement."

This article was reported by Ivanhoe.com, who offers Medical Alerts by e-mail every day of the week. To subscribe, go to: <http://www.ivanhoe.com/newsalert/>.

SOURCE: Annals of Internal Medicine, 2006;144:73-81

· Dance to your favorite CD at home.

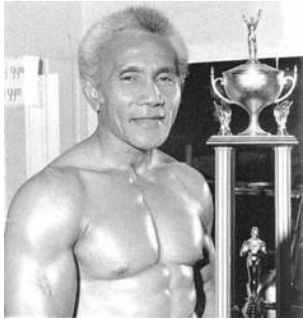
Discover the secret *attitudes* are hidden in this document

Please take special notice of the words each of our example people have used as the way they think about life. Do you see a common theme?

The fascinating thing is that all of these examples have been taken at random. The qualifying factor for them being here is that they all have regular exercise regimes. What they 'believe' is purely a random selection. You might agree that they sound amazingly alike in 2-3 key areas.

Now see if YOU can discover what these attitudes are?

What the BEST looking seniors do to look so good



Club Physical member –
Fa'ataui Venu (74)

Ageless 'Venu' endorses healthy life

Fa'ataui Venu recently celebrated his 75th birthday but photos twenty years prior don't show that he has aged! Well known to the Waitakere fitness community Venu has just a handful of simple ground rules for his incredible longevity.

"I have never drunk alcohol. I eat plenty of fresh fruit and vegetables. I've never smoked and in fact have never been ill or taken any medication or drug in my life whatsoever!"

During his long sporting career Venu has represented Samoa in motorcycling and in rugby. He has several New Zealand body building titles.

Out of respect Venu was given a complimentary life membership to Club Physical twenty seven years ago and he still maintains his weight training schedule most days of the week. Speaking of a son who plays Gridiron in USA and daughter who recently achieved her second degree Black Belt in Karate he says "I have always believed in passing on my philosophy to my children. Their growing list of sporting achievements is now a credit to this."

Jack Lalanne, a healthy example to millions of Americans – USA (88)

The following are excerpts taken from a recent interview with this World famous health club owner.

- When did you first become interested in health and fitness?

Jack: As a kid. I was 30 pounds underweight and lived on cakes, pies and candy. When I was 15 I attended a health lecture by the pioneer nutritionist Paul Bragg. That night, I quit eating white flour and sugar and went strictly vegetarian. I joined a gym in Berkeley, California and Bang! – just like that my life was changed.

- Over the years, has anything changed about your approach to health and fitness?

Jack: Absolutely nothing. Exercise is king and nutrition is queen. Put them together and you have a kingdom. That's what I've been saying all along.

- What are your thoughts about the epidemic of childhood obesity?

Jack: It's an absolute crime. The food that these kids eat. It's all wrong. All those hamburgers, sodas, ice cream, and candy. They rarely eat fresh fruits or vegetables, and 99% of them don't exercise. And then you have famous multi-million dollar athletes that kid's look up to promoting junk food that's deleterious to their health – it's a travesty!

- Do you have a guiding philosophy?

Jack: The Supreme Being made our bodies, but it's entirely our own responsibility to take care of them. I take full responsibility for what I do with my life.....and my body.

- If you could change one thing about our culture as it relates to health and fitness, what would it be?

Jack: I'd change the food industry and its advertising habits. It's really unconscionable. So many people, including very young children, are hooked on the bad stuff – fast food, soda, candy, and cheese. That change has to start at the kindergarten. We need more fruits and vegetables in our diet. My philosophy is, 'If men made it don't eat it....and if you have to chew it, split it out'.

- What's your schedule like these days?

Jack: I work out for two hours a day, every day, starting at 5am., even when I'm on the road. I change my routine every 30 days. And, you know, I feel great! I have all this energy and zip, and I've never been busier. I lecture at schools, colleges, businesses and medical groups, and I'm on the home shopping network twice a month promoting my power juicer.



Photo – Peter (63)
in the Rotorua
Marathon

Principal shares his principles for healthy living - Peter Allen (81)

This former secondary school principal attends the club twice a week, walks twice a week, cycles at home daily and plays a few holes of golf weekly in the summer.

Peter started jogging at the age of 56, later completing a number of events including the Rotorua Marathon, Freyberg classic and even ran around Rarotonga. Although forced to hang up his running shoes in 1988 Peter re-started his fitness

regime at Club Physical in 2001 and hasn't looked back. When asked about his philosophy on lifestyle Peter shared this;

I have a positive attitude towards being 'forever young' and truly care for and love all about me. Daily Bible readings help me reach my goals. The wellness gained from exercise at Club Physical has played an important role. I don't have a specific diet apart from fruit daily, and five vegetables. I've never smoked, drink ample water and no alcohol.



Club Physical member –
Phyllis Brown (93)

Phyllis discards walking stick after a week of weight training

“Doctors told me I was full of osteoporosis at the age of 64. I had to attend Middlemore Hospital three times weekly for six weeks unable to lift my arm. Hot packs were placed on me as I tried neck stretching and other movements. The specialist told me that I would need to wear a special ‘collar for driving and watching tele. Other than that, they said I would have to live with it. They had done all they could.”

“I working at the New Lynn Club Physical situated at the former Crown Lynn Potteries around 1992. One morning a lady hobbled in with the aid of a walking stick and asked about what we do at the club. About 45 minutes later she hobbled out with a membership card in her pocket. That was the day I was fortunate enough to meet Phyllis Brown” – Paul Richards.

Phyllis became a well known face at the club and reliably completed the exercise routine we gave her, several times a week. After just two weeks she came over to me beaming and said “I’ve thrown away my walking stick. I don’t need it anymore!”

Phyllis has a big heart and is cherished by many including the variety of groups she is actively involved with; the bowling, golf, bridge, mahjong clubs. When asked about her philosophy on life Phyllis simply stated, “I couldn’t have done this without my heavenly fathers help and protection – thanks be to God”.



Club Physical member –
Dennis Wilson (65)

Businessman believes ‘use it or lose it!’

Denis is a hotel Director who exercises several times weekly. His lifestyle philosophy is fairly short and succinct as follows;

“Use it or lose it. It applies to every part of your body. Keep fit and use your mind. Help as many people as possible. There’ll be time to sit down later....not yet!”

CP: What does your exercise routine consist of ?

Denis: Club Physical workout three times weekly and running

When did you start exercising regularly: 1983 (age 44)

CP: What does your diet consist of?

Denis: Chicken, fish, fruit, vegetables but not much red meat.

CP: What motivates you to do all of the above?

Dennis: To stay as young as I can for as long as I can.



Club Physical member – Eunice Kylie (60)

Life of exercise inspired by early accident

Eunice Kylie's life came to an abrupt halt at the age of 15 when the 1938 American Sedan she was traveling in hit a steel telegraph pole. Eunice was unconscious for a month. Her hair shaved off and a great number of stitches. She was paralyzed down the right side, with an accompanying broken nose, jaw and collarbone. This resulted in Eunice being off work for three years.

But Eunice's determination and lifelong love of 'dancing' helped her to get through and get better, probably reinforcing her drive for a lifetime of healthy activity.

We asked Eunice the following questions;

CP: What is your exercise routine Eunice?

Answer: Three to four times weekly at Club Physical, where I belong! I also dance and walk daily.

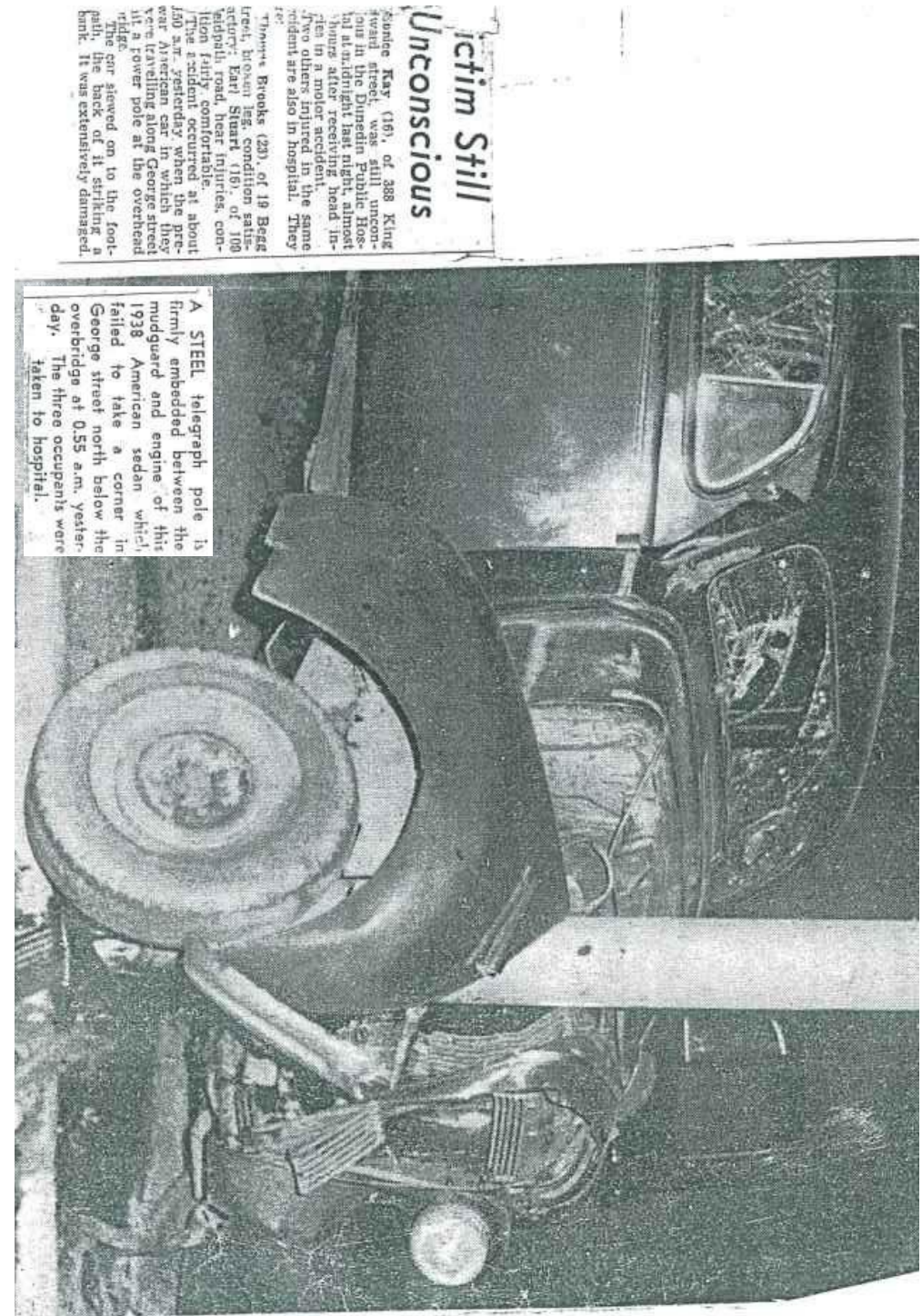
CP: When did you start exercising?

Answer: I did it all my life, dancing and what not.

CP: What does your diet consist of?

Answer: Breakfast is cereal consisting of 6 dates, 4 prunes a kiwifruit and banana. Later a light lunch and plenty of vegetables with meat, fish or chicken for dinner.

As you can see from her photo, this works very well for Eunice.





Club Physical member –
Aileen Ryan (65)

Vegetarian exercises daily

Industrial Officer, Aileen Ryan invests a solid 4.5 hours weekly at Club Physical. She joins in with aerobics, pilates, and regularly trains with weights and in the cardio gym.

In all Aileen exercises 6 times weekly including a half day weekend tramp.

CP: That's an admirable routine Aileen. So what does your diet consist of?

Aileen: It's largely vegetarian. I have 10-12 serves of fruit and veges daily. Also included is whole grain bread, pasta, brown rice, and about once a week I have fish or lean meat.

CP: What motivates you to do all of the above?

Aileen: Love. In order to love others you must first love yourself. You must take care of yourself so that you can be of use to others.



Club Physical member-
Beryl Soloman (62)

Veteran member prefers Group X

Beryl, a secondary school teacher, has been a member exercising at Club Physical for more than 10 years and says the following;

CP: It's been terrific to have you as a member for so long Beryl. Can you share what your current exercise routine involves?

Beryl: These days I like to do mainly group exercise. You'll find me at Flex, sculpt, step and now pilates classes. I tramp and walk. All in all around 4 times weekly.

CP: What was your age when you started exercising regularly?

Beryl: I actually joined at the age of 50 before the New Lynn club opened where I now attend.

CP: What about you diet?

Beryl: Fresh food mainly – not pre-prepared. I have plenty of vegetables and fruit in season. A little of everything.

CP: What motivates you Beryl?

Beryl: Determination. It's important to exercise and stay healthy and I like to classes and instructors. They keep me going!

CP: Can you put your philosophy in a nutshell?

Beryl: Everything in moderation – including moderation! Do what you can, with what you have, where you are.



Perception is changing

Here's what gym regular and long term member Peter Koves has to say about lifestyle;

Aging is something that is inevitable. The process can't be reversed, but CAN be slowed down by exercise, diet, lifestyle and attitude.

Club Physical member – Peter Koves (62)

Some years ago top sportsmen in Europe were considered old at the age of 30 and went into retirement. Today we have senior Olympics, Masters Games and many other events that encourage participation by the older generation.

When you decide NOT to give in to old age it's like getting a second wind. Sure we have limitations, but most of them are self imposed.

My motto is USE IT OR LOSE IT!

Karl visits the gym daily at 93

Unfortunately 'Karl' asked to remain anonymous. But his message is too inspiring not to print. He looks incredibly young for his age. My wife, who knows this man would not believe me. "Oh he's one of the boys who always gives me cheek when I go to that club.....no he can't be 88 surely.....he only looks around 60!"

"I worked and lived the greater part of my life in large outdoor areas in Europe and New Zealand. Educated in Europe, my free time was filled with sport. I enjoyed cycling, rowing, camping and scouts activities. And my work with nature was mainly outside – active over large areas.

Retired in 1980, my wife and I moved to a quarter acre section. I remained active doing maintenance, gardening, swimming in the sea and working for a voluntary organization.

I moved to a retirement village in the late 90's, so I had to find a way to stay fit. Club Physical offered me the chance. So whenever possible I 'workout' daily, to keep a 'working' routine. It may be morning, afternoon or evening. The gym is my 'workplace'. I maintain a healthy diet taking a light breakfast, midday warm meal and early evening meal plus daily fresh fruit.

My health is good. The club offers me friendly staff, and happy contacts with other members of all ages, while I exercise with the excellent equipment supervised by qualified trainers.

This year I hope to be 88 years (young) and will keep up my routine for as long as possible".



Peter Thomas at 69

Former Court Officer highly active

"You will amaze yourself at what you can do if you just try!" encourages Peter Thomas. "I'm 70 in April and fitness is my priority to enable me to enjoy the good years of my life".

Peter's diet consists of fruit, veges, whole grain bread, fish, meat water and herbal tea. He was heavily involved in sports until 1958. Now he is actively involved in tennis, running and swimming.

Here's how the world's most centurions eat and act

The World's longest living population lives on the island of Okinawa. They boast the highest proportion of centurions in the world.

"At 70, you are but a child!" goes the Okinawa proverb. "At 80 you are a mere youth..."

A 25 year study has now proven the rumour to be fact. Okinawa's thirteen million population boast four hundred centurions. That is more than four times to proportion of western countries.

As a group, coronary heart disease, strokes and cancer – the three leading killers in the west, are likely to afflict people living in Okinawa *less* than anywhere else in the world. In fact 97% of their life expectancy is disability free!

What is their secret you ask? Scientists have concluded that their healthy arteries were largely the result of lifestyle, diet, regular exercise, moderate alcohol intake, avoidance of smoking and a stress- minimizing spiritual outlook.

Interestingly, Okinawans also stay lean in old age, eating a low calorie, unrefined complex carbohydrate diet and practicing a cultural habit called 'hara harchi bu'. This involves ceasing to eat when they are 80% fullthere goes the apply crumble!

Thirty tips on how YOU can Get Physical this year

If you are a baby boomer, the chances are that you are experiencing the harsh realities of dealing with parents who have become incapacitated. And if you are like me, you'll be doing everything within your knowledge and power to ensure the same thing doesn't happen to you. For older adults who still have the capacity to 'get active', here is a checklist to help;

To encourage older adults to become more active and to minimize their risk of injury, **Club Physical** has put together the following tips:

1. Get a checkup

Meet with your doctor to see whether you'll need to consider any special modifications before starting an exercise program. If necessary, get a clearance to begin a program.

2. Know your options

Before starting any program, examine your options. Pick a program you know you will enjoy. Some individuals like to go to a gym and do a structured workout, while others enjoy a neighborhood walking club. Either will help improve your fitness, ability to function and quality of life-but only if you do it regularly.

3. Determine your participation style

Would you prefer taking a class or going solo? Are you a morning or night person? Does indoor fitness appeal to you, or would you prefer to play outside? Could you dedicate large blocks of time to physical activity or could you fit only shorter, more frequent intervals into your schedule? Be realistic about how you participate.

4. Start slowly

Many people are eager to get started and sometimes overdo it, which usually makes them sore and can make them want to stop. A good way to start slowly is to discover your baseline. Record all your activities during each waking hour or for two- or three-hour time blocks, tracking how much time you are sedentary (e.g. sitting at your desk) or active (e.g. walking to the bus stop). At day's end, count how many hours you have and have not been physically active. Then look at when you could fit some short (e.g. 10 minutes) bouts of brisk walking into your day.

5. Make a date

Find a buddy to exercise with you and keep you motivated. Whether it's a friend to walk with in your neighborhood or a personal trainer in a gym, that appointment makes it more likely you'll do the walk or workout.

6. Set specific short- and long-term goals

Make goals as specific as possible. For example, On Monday, Wednesday and Friday, I will do a brisk, 10-minute walk in the morning before my shower, at lunch time and after dinner. Being specific means you are planning for activity in your day and making it a priority. Long-term goals are also important. Is there an activity you would like to do that you feel physically incapable of at the moment, but may be able to do with a little effort? Set a long-term goal to help you do it.

7. Make a list

List the benefits you expect from your physical activity program, then make sure these are realistic and reasonable. Many people expect enormous benefits, such as losing 15 kilos in a month. When these benefits don't materialize, they feel disappointed and relapse because they feel like they've failed. Try to make the benefits about things you can control,

rather than an outcome (such as weight). Build your list of benefits as you increase your physical activity-you'll be surprised at how long your list becomes.

8. Make another list

List all the reasons to be physically active-things like decreasing stress or depression, stronger bones, greater strength and flexibility to help maintain independence, increased energy, better sleep, etc. Keep this list in a visible place as a daily reminder of the long-term rewards.

9. Invest in your health

Do you want to spend money on joining a program? Doing so can be the best true health 'insurance' decision you could make.

10. Checkout the facility you want to join

Does the facility feel friendly? Can you change clothes comfortably? Ask to try various programs, so you can decide which program feels the most comfortable and fun. Is there a comprehensive Group Exercise programme that includes PILATEA and YOGA?

11. Checkout the staff

Are the people who work in the facility friendly and interested in you? Are they registered with 'REPS'? Do the staff members each have recognized health/fitness qualifications? Do they conduct a pre-screening, is there periodic reviews? Are they interested in helping you learn how to modify exercises to fit your fitness level and conditions? Do they encourage social interaction? Do they offer a Personal Trainer option? Talk to mature adults who currently participate in their programs to build a complete picture.

12. **Make choices**

To move forward, we need to leave some things behind. What are you willing to give up to make room for exercise? Bad habits? Nonproductive activities? Non-beneficial relationships?

13. **Every step counts**

Wear a step counter throughout the day to count how many steps you take. Less active people tend to take about 4,000 steps or fewer per day. Aim to do 250 to 1,000 additional steps of brisk walking, until you reach 8,000 to 10,000 steps in a day.

14. **Keep moving all the time**

Stretch, walk, march in place, stand and sit as many times as possible when you're talking on the phone or during TV commercials.

15. **Do your own house and outside work**

16. **Create a support network**

Tell friends and family about your new goals and ask for their support and encouragement. Involving others often helps us to keep our commitments. Consider scheduling telephone reminders from your support network to help keep you on track.

17. **Know your challenges**

List things that keep you from being active and come up with a solution for each. Recognize that challenges can be overcome.

18. **Use the principles of progressive overload and specificity**

Exercise in a way that makes your muscles work harder than they are accustomed to, but in a gradual and progressive manner. And understand that you get what you train for, so exercise according to your desired outcomes.

19. **Join a class**

Select an exercise class appropriate for your health status and ability. Check with your local health club view the offerings.

20. **Wear the right shoes**

Foot comfort and support is important for all impact physical activities. If you have arthritis, diabetes or orthopedic problems, you can remain physically active with the help of appropriate shoes.

21. **Participate in events**

Once you're more physically fit, set a goal to participate in a charity event. Prepare to walk, run or bike to raise money for a special cause. Ask a friend to be your exercise and event partner.

22. **If it hurts, don't do it**

Work around pain, not through it.

23. **Focus on the major muscle groups in the legs, chest and back**

24. **Do balance exercises, as well as strength exercises**

Remember, in 2007 world health authorities made it official. Weight train twice weekly for optimum health and independence in older age.

25. **Keep a journal**

record of activities that have become easier to do in your life, as well as those that may be more difficult. Trainers can help you progress and modify exercises, if needed. A good book to purchase is Club Physical's twelve week 'Transformation' that doubles as an exercise and nutrition diary.

26. Make your car work for you

Park at the outer edges of the grocery store parking lot, rather than looking for the space closest to the door. Walk up the first flight of stairs in a high-rise, rather than waiting for the elevator. Add another floor every week. Walk to the grocery store or other services when possible.

27. Reach up

Take items from the highest shelf you can reach in the kitchen and wash them. Do a different cupboard each week.

28. Follow a well-rounded program

Include all five components of a successful program: warm-up, flexibility, cardio, resistance and cooldown.

29. Reward yourself

once you've reached your goal, treat yourself to something that reminds you what a good job you've done and encourages you to continue. Make it something that feeds your spirit, but is not necessarily food or an expensive purchase.

30. Don't quit.

Like brushing your teeth, make exercise part of your daily life.

Ageless teeth—An example of the far reaching benefits of exercise

This random article shows how regular exercise will positively affect every area of your life – even your teeth!

Aug. 23, 2005 - Senior citizens and baby boomers are pounded with advice saying that with exercise and a healthy diet their mental and physical health is substantially improved. Now, a new study says that even oral health is better. The exercise-and-eat-right lifestyle, the study says, can reduce periodontal disease, the main cause of loss of teeth.

The advice is particularly important to aging people because the oral benefit is primarily a big reduction in the risk for periodontitis, the gum infection that causes most of the tooth loss in America. And, the severity of periodontal disease increases with age. About 23 percent of Americans between age 65 and 74 have severe cases. It is also estimated that about 30 percent of all U.S. senior citizens 65 and older no longer have any natural teeth.

Researchers found that individuals who exercised, had healthy eating habits and maintained a normal weight were 40 percent less likely to develop periodontitis, a gum infection that can result in loss of teeth.

The prevalence of periodontitis was reduced by 29 percent for those individual who only met two of the healthy behaviors and 16 percent in those that met at least one, according to Mohammad S. Al-Zahrani from the division of periodontics at King Abdulaziz University in Jeddah, Saudi Arabia (and alumnus of Case Western Reserve University's School of Dental Medicine and Case School of Medicine).

He conducted the study for his doctoral dissertation work in epidemiology at Case in collaboration with Elaine A. Borawski from Case's department of epidemiology and statistics at the Case medical school and Nabil F. Bissada, chair of the department of periodontics at the Case School of Dental Medicine.

The researchers from Case Western Reserve University examined data from 12,110 individuals who participated in the third National Health and Nutrition Examination Survey (NHANES III).

Beside healthy brushing and flossing habits, prior to this study other healthy behaviors that contribute to the prevention of the disease were unknown, according to the researchers.

This new study is published in the current issue of the Journal of Periodontology, the official publication of the American Academy of Periodontology. The findings were reported in the article, "Periodontitis and Three Health-Enhancing Behaviors: Maintaining Normal Weight, Engaging in Recommended Level of Exercise and Consuming a High-Quality Diet."

Advances in dental medicine have permitted more people to keep their teeth as they grow older. Understanding the underlying ways to prevent gum diseases has become increasingly important, according to the researchers. More than 30 percent of the population suffers from periodontitis, an infection of the gums that can lead to heart disease, diabetes and pre-term labor.

Curious whether the same factors that can prevent heart disease and lower the risks for diabetes might also impact oral health, the researchers examined the cumulative relationship between weight, exercise and a high-quality diet and dental disease in the United States population.

NHANES III, used in the study, is a cross-section survey conducted by the National Center for Health Statistics. It includes comprehensive systemic and dental components.

Information about weight, eating and exercise were collected during the survey. Participants were monitored for 24 hours on their food intake and also questioned about nine leisure-time physical activities (walking a mile or more at a time without stopping, jogging or running, bike riding, aerobic dancing or exercise, dancing, swimming, calisthenics, garden or yard work, and weight lifting). If individuals reported five or more moderate physical activities or three intensive activity sessions a week, it was considered healthy. Weight was considered within normal range if it fell within the body mass index (BMI) of 18.5 to 24.9 kg/m² (obesity was considered at 25 kg/m²).

The researchers concluded that the healthy behaviors such as exercise and diet that lower the risks of diabetes also can lower the risk factors for periodontitis. Exercise--also known to reduce the C-reactive protein in the blood associated with inflammation in the heart and periodontal disease. Healthy eating habits, which builds the body's defenses against disease, also reduce the production of plaque biofilm, which is the primary epidemiological factor associated with periodontal disease.

Conquering periodontal disease, according to the researchers, may mean more than just targeting the disease but addressing multiple risk behaviors, too.

"Since oral health professionals may see their patients two or four times a year, it gives them several opportunities to promote these healthy behaviors," report the researchers.





Paul (54) and Tina Richards (49)

Club Physical founders lead by example

Encouraging others to join us and stay physically fit has become a lifelong passion for Tina and I. Being parents of five daughters and one boy our weekends are often as busy as the weekdays busily travelling to a variety of sporting events the kids are involved with.

Club Physical is a seven day a week business and employs over 250 team members. Tina leads and choreographs for 80 GROUP X Presenters and Paul leads the company and handles the company's marketing and PR portfolios.

Tina's exercise routine consists of taking a variety of up to twelve GROUP X classes every week. Meanwhile I weight train, swim, run with the dog and participate in Karate along with my kids.

We believe strongly that what you eat is as vital as what you do if you want to live long and healthily. That has inspired us to grow most of our own fruit and veges and to be very selective in what is purchased at the supermarket.

Sample gym programme

This is a moderate health and fitness programme that, when combined with healthy eating would give you excellent overall health.

Monday

- 10 minutes cardio cross-trainer
- 10 minutes cardio Life Cycle
- Resistance Programme;
 - Leg press 2 x 8-12 repetitions (one a lighter warm-up)
 - Leg Curl 1 x 8-12
 - Leg extension 1 x 8-12
 - Incline press (Barbell or dumbbell) 2 x 8-12
 - Dumbbell flys on Swiss ball 2 x 8-12
 - Lat pull down 2 x 8-12
 - Seated row 2 x 8-12
 - Barbell Upright row 2 x 8-12
 - Barbell curl 2 x 8-12
 - Tricep pushdown 2 x 8-12

Tuesday <ul style="list-style-type: none"> • Pilates class 	Friday <ul style="list-style-type: none"> • Step One
Wednesday <ul style="list-style-type: none"> • One hour brisk walk 	Saturday <ul style="list-style-type: none"> • One hour brisk walk on beach
Thursday <ul style="list-style-type: none"> • Repeat Monday's cardio and resistance programme. 	Sunday <ul style="list-style-type: none"> • Church and family time