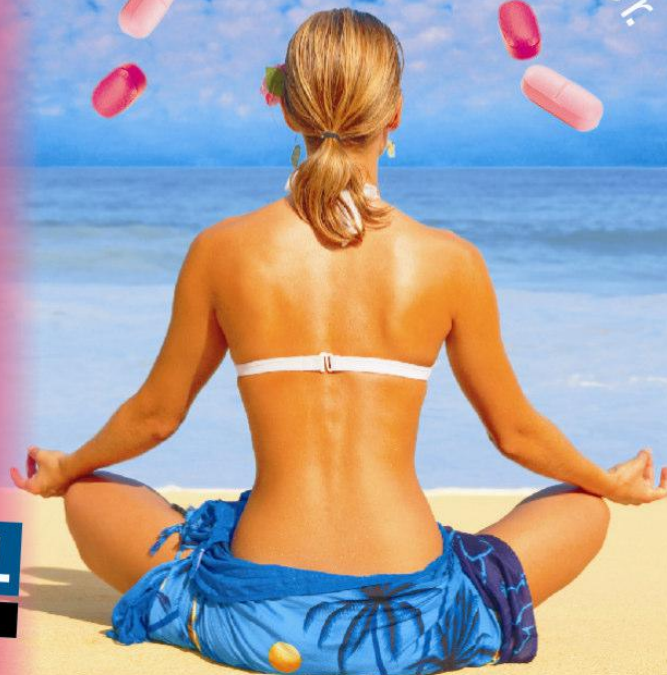


Healthy Body, Healthy Mind.

How to avoid becoming a pill popper.

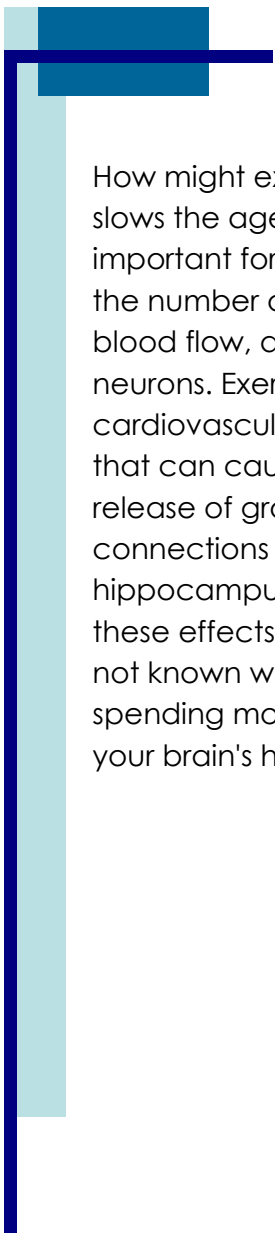
by Paul
Richards

CLUB PHYSICAL
WHERE YOU BELONG



Contents

- Avoiding becoming a pill popper
- Exercise high
- Stress
- Sleep
- Occupational therapy
- Work life balance
- Destructive health habits
- Nutrition
- Sample weekly regime



How might exercise help the brain? In people, fitness training slows the age-related shrinkage of the frontal cortex, which is important for executive function. In rodents, exercise increases the number of capillaries in the brain, which should improve blood flow, and therefore the availability of energy, to neurons. Exercise may also help the brain by improving cardiovascular health, preventing heart attacks and strokes that can cause brain damage. Finally, exercise causes the release of growth factors, proteins that increase the number of connections between neurons, and the birth of neurons in the hippocampus, a brain region important for memory. Any of these effects might improve cognitive performance, though it's not known which ones are most important. So instead of spending money on computer games or puzzles to improve your brain's health, invest in a gym membership.

Courtesy of IHRSA – November 2007

Forward


The reason I put this book together was to encourage people to exercise – and to do it daily! Regular exercise has an incredible effect on your mental health, just as it does on your entire body.

I've proven the 'benefits of exercise' on myself many times over; for example having started a business without savings or finance with the subsequent stress of trying to pay bills and staff. We survived and have thrived, largely as a result of positive attitude, stress relief through daily gym workouts and prayer.

In this book you will find a smattering of frank personal experiences. You will also come across an abundance of actual news releases giving undeniable proof of the power that exercise can have on the way you feel, the way you think and even the mood you are in. For these press releases I would like to thank IHRSA – the trade organization we are proud to be members of. They have loyally provided me with the latest health/fitness news and discoveries as they happened, for almost sixteen years. Thanks also to the variety of writers of these news reports.

Exercise can radically change your life and save your life. It can even save your marriage by giving you an avenue to vent your rage and turn your frustration into positive activity. By working out you will gain self discipline that will spill over into every area of your life.

You'll read a small collection of actual testimonials from people who have completed programmes at our health club.



Many of these do talk about weight loss. So if you don't have weight to lose I want you instead to look past this at the changes of attitude shown in their writing. Most of the testimonials were provided to us as a result of a highly effective programme we created in 1991 in New Zealand – the 12 week Transformation Challenge. I would like to thank these people also for agreeing to have their experiences printed.

Once you have made the decision to start an exercise programme, I'd love you to choose Club Physical. But my motivation for writing this goes a lot deeper than that. You may *not* live in an area where we are located. In this case my passion is to purely ignite your desire to get started and join the health club nearest YOU.

Of course, any exercise you do will be of benefit to you. Running, walking, swimming, playing sport are all commendable. The reason why I passionately promote the concept of joining a health club to you is not limited to these facts;

- YOU will be surrounded with positive like-minded people
- You can attend a GROUP EXERCISE programme with an experienced motivator
- It gives you the necessary 'time-out'- just for your own health
- Graduated resistance training has an amazing effect on your mind. This is not easily available outside a health club
- You can easily hire a Trainer to spur you on and to encourage your progress
- There are facilities like the Swedish Sauna to reward you immediately after a workout

- You will also always be encouraged to set goals and subsequently have other people at the club who would like to see you achieve it
- You have specialist help and a variety of equipment far more valuable than you could ever experience at home

Lastly, in this book you will find a sample gym programme to get you started. In doing so, please know that the programme is a general one and hasn't been adapted for any risk factors or movement limiting disabilities that you may have – lower back injuries for example. Therefore if you have any doubts or concerns it is recommended that you first consult with a doctor and/or a qualified Personal Trainer.

It's my sincere hope this is of benefit to you.

Avoid becoming a pill popper

Having almost completed the book and with this chapter already in place, I went to visit my dad today. Dad was an extremely hard working and diligent builder most of his life. However, upon retiring I discovered his increasing dependence on the TV remote control and video.

Dad is fresh out of hospital after falling and fracturing his spine two months ago. His Parkinson's disease has contributed to a lack of balance at 87 years of age. The skin cancer doesn't look pretty and a heart attack two weeks ago hasn't helped.

As I walked into his house today I found dad sitting at the dinner table. He was surrounded by greens and yellows – and whites, blues and blacks. It was like visiting the Jetsons - a futuristic family I watched on TV as a kid. All food came in tablet form – a roast dinner was a tiny pill.

Dad had one day's supply of pills spread out in front of him. Two large yellow cards were in his hands. The cards strongly resembled those that we use to create exercise programmes at the gym. I was horrified though to see that the cards were instead a detailed schedule of what pill to take and when. There was a pill to prevent heart attacks, a pill for blood pressure, one to help go to the toilet and another to limit the success. There were pills for Parkinson's disease and I wouldn't be surprised if there was a pill to prevent the unknown long term effect of having so many pills!

He had fourteen pills on two plates. Dad said with a slight sense of humour still intact; "this is my life".

Although these details could be seen as embarrassing for dad and me, it's important to share this with you in an attempt to scare you into taking responsibility for your health TODAY!

You need to get an exercise programme and to do it, almost every day of your life!


From the ages of twenty two and until I was twenty five, I suffered from severe insomnia. I would work all day feeling tired and lethargic, but when I finally hit the sheets my eyes would remain open and refuse to close with slumber.

In with the wrong crowd

When I tried defining the moment that this horrifying infliction began, it seemed to start at the time I was helping to run a city hotel. I was living on the premises and the owner was my friend Kevin. Kevin, a big strong guy a couple of years older than me was from Dunedin. He had a long lion's mane of red hair, always a wad of money in his pocket and had twice done 'time' in prison.

Kevin's father owned a string of hotels and had given his son command of the Wellesley Hotel in Wellesley Street, Auckland, CBD. We were good mates and he often had other similar guys staying as they left jail and came to Auckland. On the weekends there always seemed to be free flowing beer. These were the days before 'stubbies' were invented. Beer bottles were BIG and I was amazed that these guys appeared to be able to guzzle down a dozen each. Then they would lay into the marijuana.

It was a wild time. I sowed some of my own ;'wild oats' by screaming through the city on a show standard chopper



motorcycle. Parties Keven organized at the hotel sometimes had long term 'older' guests complaining. One night a long haired hippie guest who was in Auckland for a telecom course gave me a marijuana cigarette that I discovered later, had been laced with Opium. I smoked it in the Hotel TV lounge and immediately felt very strange and began to fear that I had made a mistake. It was too late.

As I made my way down the hall to my room, the entire area began to spin like a fairground ride. I opened a room door and flopped down into what I thought was my bed. To my horror I smelt the odour in the room and realized it was that of a guest I wasn't too fond of. It was his room but fortunately he wasn't there. I hung onto the bed as it began to spin. I tried not to fall off.

A glimpse of the 'good life'

The next morning I decided to go to the movies at the Civic picture theatre in Queen Street with a guest I called 'Diver Dan'. He was an athletic tanned South African who dived off deep sea oil rigs for a living. As I walked back to the hotel later that morning I remember feeling elated that I had survived the drugs the night before. I made a personal vow to never take any drug again, and didn't until I took sleeping pills.


I began lying awake many nights when I instead craved for sleep. The nights were long and the more the minutes ticked by, the more aggressive I became. If you have had this 'challenge' you may empathise with what I mean. Sometimes I would finally fall asleep just before it was time to go to work at the Chief Post Masters Office in town. Evidently I was

sometimes late because of this. But my bosses did not believe the 'story' that I was suffering from insomnia.

Home at the hotel Kevin was planning two 'business' activities. The first was that he was going to start a service offering male prostitutes to wealthy Greek women visiting New Zealand. The other was that he was planning to hold-up the armoured car collecting the takings from the Albion Hotel across the road. In my heart I knew this was not the direction I wanted to go in life, so I went down and visited the Army recruiting office. Within days I found myself on a train to Waiuru Military Camp – this was to give me a clean and decisive separation from my friends at the hotel. It had the desired result.

My insomnia continued for more than three long years. I could swear I would go for up to three months with zero sleep. I certainly didn't recall getting any sleep at all. I tried everything. Counting sheep, going to bed early, sleeping on sheepskin, drinking warm milk. And then I developed the habit of venturing up to Pt Erin and Parnell baths in the middle of the night. I would climb over the walls, gently over the barbed wire, and swim non-stop to try and make myself tired enough to sleep. This didn't work despite my unending persistence, but it became an outlet for my anger.

What I found increasingly frustrating was that I was developing a strong passion for living a healthier life. I learned how vital sleep is to someone who wants to be healthy. This made me all the more aggressive and 'pissed off' when I remained awake! One day I became so disenchanted and frustrated that I drove to the peak of the Harbour Bridge and slowed to stop with the intention of jumping off and ending this plight.



Instead I drove on and decided to start taking sleeping pills. I began to get accustomed to a 'drug induced' sleep. But this didn't *feel* like real sleep. My mouth was dry and I still felt clogged up and sluggish while wanting to feel energetic. It wasn't refreshing.

By the time I met a new lady-friend I was up to FIVE sleeping pills a night. Worse still they stopped working altogether. I was again lying awake in frustration. I had by this time left my job and was on 'sickness benefit' for depression. I began to detest these drugs. I desperately wanted to be healthy and made the decision to stop taking pills cold turkey. I was twenty five and haven't had a drug or taken oral medication since!

Solving things naturally

Shortly after this my friend Mara introduced me to a man named Don Messenger. He was a hypnotherapist and just happened to have a copy of a book covering the techniques used at a 'Sleep Clinic' in Paris, France. He loaned it to me. The next day I read the book. It told me that many people with insomnia had merely 'lost the sleep reflexes that come naturally from childhood'. It taught me a series of manual 'sleep reflexes' that I was told to physically practice several times that day.

Taking the book seriously I did exactly what it told me. I went through the reflex drill about three times that afternoon and again before bed. The same day I first read that book I slept deeply for eight hours and haven't had insomnia since!

There is a time for medical drugs. They probably *can* do incredible things and save lives. But the experiences I have had make me dread them like the plague. Far better is it to

resolve your challenges *naturally*. And that's really what this book is all about. It's about giving YOU the reasons why regular exercise and healthy living *should* get you well and keep you well throughout your life – it has for me.

Over the next few pages I'll make a few comments from personal study and experience. Then I'll share a number of articles of recent research concerning each subject. My hope is that these words will convince YOU to eat healthily, to think 'positively and to exercise at least five times weekly.

Workouts Can Lighten Heavy Hearts

SUNDAY, Nov. 6 (HealthDay News) -- The millions of Americans stricken each year by debilitating depression may want to consider running away from their problem -- or walking, swimming or dancing it away.

"What the studies are showing is that exercise, at least when performed in a group setting, seems to be at least as effective as standard antidepressant medications in reducing symptoms in patients with major depression," said researcher James Blumenthal, a professor of medical psychology at Duke University in Durham, N.C.

According to Blumenthal, other studies are beginning to suggest that solitary exercise, such as workouts at the gym or a daily jog, can be just as effective as group activities in beating the blues, and that "duration of exercise didn't seem to matter -- what seemed to matter most was whether people were exercising or not."

Blumenthal was lead author on a much-publicized study released five years ago that found that just 10 months of regular, moderate exercise outperformed a leading antidepressant (Zoloft) in easing symptoms in young adults

diagnosed with moderate to severe depression.

And another study released earlier this year, by researchers at the University of Texas Southwestern Medical Center at Dallas, found that 30-minute aerobic workouts done three to five times a week cut depressive symptoms by 50 percent in young adults.

Theories abound as to how revving up the body helps free the mind.

Robert E. Thayer is a professor of psychology at California State University, Long Beach, and the author of *Calm Energy: How People Regulate Mood with Food and Exercise*. He said that while workouts probably affect key brain chemicals like serotonin and dopamine, physical activity may also trigger positive changes in other areas, too.

"Depression is a condition characterized by low energy and moderate tension, something I call 'tense tiredness,'" he said. But exercise has a clear "mood effect" that seems to ease that anxious but lethargic state, he said.

According to Thayer, moderate exercise -- a brisk 10-minute walk, for example -- results in a boosting of energy, although it may not be quite enough to relieve stress.

"More intense exercise -- the amount you'd engage in with a 45-minute aerobic workout -- does give a primary mood effect of reducing tension. It might also leave you with a little less energy because you'd be tired, of course," he said. "However, there's also some indication from the research that there's a 'rebound' effect an hour or so later, in terms of [increased] energy."

Blumenthal pointed to the more lasting psychological boost

regular workouts can bring. "People who exercise might also have better self-esteem; it may help them feel better about themselves, having that great sense of accomplishment," he said.

Still, the experts acknowledged that truly depressed individuals often find it tough to jump into an exercise routine.

"Why do people not do the thing that's perhaps the most important thing for them to do?" said Thayer. "It's because a drop in energy is such a central component of depression -- you just don't have the energy to do the exercise."

He said the key to breaking that cycle is to start small.

"Thinking about going to the gym and doing all the stuff that's involved with that can be overwhelming for a depressed person," Thayer pointed out. "But if you think 'Hey, maybe I'll just walk down the street 30 yards or so, at a leisurely pace,' that's a start. And it turns out that your body becomes activated then -- you have more of an incentive to walk farther, to do more."

Loved ones can play a key role, too, urging a depressed friend or family member to join in with them as they work out. "Social support, peer pressure, family support -- all of that can be helpful, certainly in getting people to maintain exercise," Blumenthal said.

No one is saying that exercise is always a substitute for drug therapy, especially for the severely depressed. "But we also know that these drugs aren't effective for everyone -- about a third of people aren't going to get better with medication," Blumenthal said.

For those patients, exercise may prove a viable, worry-free alternative -- with one great fringe benefit.

"In addition to its mental health benefits, there are some clear cardiovascular benefits to exercise which we don't see with antidepressant drugs, of course," Blumenthal noted. So, he said, what keeps the mind fit strengthens the body, too. "You're killing two birds with one stone."

More information

For more on recognizing and beating depression, head to the National Institute of Mental Health. [Comments](#) | [E-Mail Newsletters](#) | [RSS](#)

UF study shows exercise may keep mind healthy

By *DIANE CHUN*

Sun staff writer

November 20, 2005 6:01 AM



"If I saw my friends I would turn and walk the other way"

Almost all of my life I have been overweight. After backpacking around Australia I slipped into a lifestyle devoid of anything healthy. I succumbed to obesity and my life went into a downward spiral. I became larger and larger and more embarrassed with my size – unless I was drunk.

I hadn't told the folks back home in New Zealand that I had put on so much weight. Then one day, my father who had his own business installing TV aerials, had an angina attack. He fell from the roof breaking his ankle in the process. I was called back to help. But I returned weighing 135kg and was basically useless to help with dad's business. I was disappointed and felt that I'd let everybody down.

I became so embarrassed and unsociable that if I saw somebody I knew, I would turn and walk the opposite way just to avoid them.

Within 12 weeks at the gym I went from barely being able to run 100 meters to being able to run 10 km! I bonded with others and making these friends spurred me on and kept me motivated. Every single goal I set, I achieved. I haven't ever been so proud of myself - I even found that I'm able to *inspire* my family and friends!

Jamie Bryant lost 33.9cms from his waist!

"Use it or lose it" is the old maxim about brain power.

Now a new University of Florida study shows that light exercise may keep your brain in shape, as well as your muscles.

In the first study to show that lifelong exercise decreases cellular aging in the brain, scientists from the McKnight Brain Institute say that moderately active rats have healthier DNA and more robust brain cells than their less active counterparts.

They're hoping the same is true of their human counterparts.

"It would be wonderful if we had a pill that contained all the benefits of exercise, but we don't," said Thomas Foster, the McKnight chair for brain research in memory loss at the College of Medicine. "For this study, animals were not forced to run; they did it because it was entertaining, the same as a pet hamster on a running wheel. The results show that regular mild exercise can prevent oxidative damage."

Foster said that in people, that formula translates to a daily 30-minute walk or a light one-mile run.

Of course, it's one thing to get a rat to run laps in an exercise wheel. But putting an exercise bicycle in front of the television set won't guarantee that anyone in the family will use it.

Scientists believe that oxidative damage in the brain is a natural consequence of aging and a contributor to memory loss. It has also been implicated in the loss of brain cells associated with Alzheimer's or Parkinson's disease.

Oxidative damage can occur when molecules of oxygen gain electrons and become free radicals. The free radicals regain their balance by giving electrons to their neighbors. Most of the time the body routinely handles these renegades, but

sometimes not before extensive damage occurs in the cell.

Working with Christiaan Leeuwenburgh, associate professor of aging and geriatric research at UF's Institute on Aging, Foster looked at groups of rats that had lived to old age. Some were more sedentary, while others had access to an exercise wheel.

At the end of the experiment, scientists examined chemical compounds in 41 tissue samples taken from a part of the brain important for balance and movement.

The more active rats were found to have fewer by-products of oxidative stress in their brains. Fats known as lipids that help stabilize cell membranes, and DNA, the molecule that contains our genetic blueprint, both better withstood the rigors of time.

"The DNA for these animals after two years looked as if it were from their younger counterparts that were only about 6 months of age," Foster said. "It shows a little bit of exercise may stimulate the body to fight stress that's normally occurring in the brain."

Damage to DNA causes cell mutations and cell death. Finding ways to preserve it may help prevent age-related memory loss and defend against deterioration of balance and motor function - both important health goals as the U.S. population continues to age.

The UF group's research findings were presented this month at the Society for Neuroscience's 35th annual meeting in Washington, D.C.

"By age 50 almost everyone has mild memory deficits," Foster said. "We forget where we put the keys or jumble the names of our kids. If these losses increase, then we run into problems. We want to prevent that."

Exercise helps keep your brain in shape

Daily walks, mental challengers, nutrition can help stave off Alzheimer's, Parkinson's diseases.

Gannett News Service

A fast spin on the dance floor or taking daily walks might help keep the brain in top shape as people age -- and might reduce the risk of developing age-related diseases such as Alzheimer's or Parkinson's, experts now say.

Both Alzheimer's and Parkinson's are degenerative, incurable diseases of the brain. Both are more common in older people; together they afflict more than 5 million people in the United States. Alzheimer's causes memory problems, and Parkinson's leads to tremors and shakiness, but the diseases often overlap: Some people with Parkinson's also have memory loss.

Growing evidence now suggests that lifestyle factors such as diet, exercise and challenging activities, might help ward off or delay the onset of neurodegenerative diseases, possibly by building connections between brain cells or even spurring the production of new brain cells. People who power up the brain in this way may have a better shot at reaching old age with a brain that still performs at top speed, says Elizabeth Edgerly, a brain expert at the Alzheimer's Association.

Exercise Gets Blood to Your Brain, Study Shows

ISLAMABAD: Exercise fanatics may be right -- getting out and moving increases blood flow in the brain, U.S. researchers said on Saturday.

Tests on monkeys show that exercise helps foster blood vessel development in the brain, making the animals more alert than non-exercisers.

"What we found was a higher brain capillary volume in those monkeys who exercised than in those monkeys who did not," Judy Cameron of the divisions of Reproductive Sciences and Neuroscience at Oregon Health & Science University said in a statement.

"Specifically, changes were most noted in older animals that were less fit at the start of the study," she added in a statement.

"The next step of this research is to determine whether other areas of the brain undergo physical changes. For instance, how are brain cells affected and does that impact cognitive performance." Cameron, who presented her findings to a meeting of the Society for Neuroscience in New Orleans, said the findings should help explain why exercise also seems to make people more alert.

An Exercise High is the only high

After a few weeks of going to the gym I became addicted. No matter how sluggish, drained, tired, stressed or lacking energy I felt *before* my workout, I ALWAYS felt great after!

Your mind plays tricks on you. Your mind tells you that you don't want to workout. You feel lazy, but if you want to experience the absolute joy of feeling good, you need to gather your determination and push through this and do it, no matter what.

As happens in life there's the odd family trauma or perhaps a burglary that has robbed our sleep for the night. But even then, I have never missed a work-out at the gym or an early morning run (usually 5.30am) .In fact, these workouts have often been my best!

When you exercise you get an 'exercise HIGH'. It's a natural high brought about by the endorphins in your body. They sometimes call this a 'runners high'.

Read the following series of articles and you will see how powerfully exercise influences your brain.



Mark Featherstone

Fitness level went from poor to elite in 12 weeks

'Grumpy no more'

At 48 years of age I wondered if it was too late to dramatically improve my health. After all, it wasn't long ago that a mere 50 years was man's life expectancy.

Twelve months previous I had reconstruction surgery on my left shoulder. I had fractured it, tearing the tendons away from the bone. It was tough as I was just recovering having smashed my ankle in nine places. Ten screws now hold it together. Only six months before that I had surgery to repair a ruptured Achilles tendon in the same ankle. Can you understand the doubts that I had about my future fitness?

Before starting at the gym my working week was between 60 and 70 hours. Getting through to Friday was a real effort. I would literally fall over when I got home – crashing on the couch for the entire weekend. I tried to recharge the batteries so that I could do it all over again.

I would drink five or six stabbies every night feeling extremely grumpy, not liking anything or anybody around me. Then my wife joined the gym and the changes I saw inspired me to do the same.

These days I'm happy to say that my body fat, blood pressure and stress levels are all down. I have a completely different body shape – even visible muscles! And I can't wait for the weekend to do FUN stuff. I don't care who you are or what you do; you must use a Personal Trainer. They make sure you get results! So here I am. If I can do it, so can YOU!

Does Exercise Really Beat Depression?

(Ivanhoe Newswire) -- Studies pointing to the benefits of exercise are numerous; with a large number of those revealing exercise can help some people overcome depression. A new report, from Harvard Medical School in Boston, says the connection between exercise and depression is not that cut and dry.

The report, published in the *Harvard Mental Health Letter*, explores possible explanations for the observed connection. Researchers note exercise may improve depression because it enhances body image, serves as a distraction from everyday worries, and provides social support through exercise groups. Additionally, exercise can heighten a person's self-confidence by allowing them to reach a set goal, and is found to alter circulation of endorphins and the feel-good hormones serotonin and norepinephrine.

In their report, however, researchers suggest the benefits of exercise on mental health may be an illusion. They point out; studies suggesting a connection between the two overlook the possibility that depression and anxiety can prevent people from exercising. They say people who have depressed personalities also usually have sedentary lifestyles.

Despite these doubts about the role of exercise in improving mental illness, researchers note exercise has many health benefits and does little harm. They encourage people who are depressed to begin slowly and remember that exercise does not have to be strenuous to be effective.

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: *Harvard Mental Health Letter*, published online Nov. 21, 2005



Ross Collins-Wright

"I've been able to kick the pill habit!"

An Auckland plumber transforms his life with a little extra exercise

"For a long time I've been taking medication for depression. Then I decided to join the gym after seeing a side-on

photo taken of me this February. Since then I've been able to kick the pill habit having found one of the best cures for depression is exercise!

Given my previous sedentary history it was a struggle at first to gain the self discipline. But once my body became attuned to exercise and to healthy eating, the results were starting to show. With the encouragement of my trainer TK and my wife, I began to meet this challenge full-on.

The biggest change is my motivation to get up and GO in the morningand I now feel great all day!"

Age53 Club Physical Botany TRAINER: TK

- Waist shrunk 11.2cms
- Fitness went from poor to good
- Body-fat dropped 6.2%
- Blood pressure dropped from 130/90 to 120/79
- Breakfast went from NOTHING to a smoothie with fruit

Recommended Exercise Also Curbs Depression

The 46% therapeutic response and 42% remission rate are comparable with other depression treatments.

Miriam E. Tucker

VANCOUVER, B.C. — ***The amount of exercise that is recommended for general public health is also an effective treatment for depression.*** Andrea L. Dunn, Ph.D., reported at the annual meeting of the American Psychosomatic Society.

Despite many intervention studies suggesting that exercise alleviates symptoms of depression, it still isn't recognized in the same way as medication and psychotherapy as an efficacious treatment for depressive illness.

Indeed, only one previous study had met the standard, a 50% reduction in symptoms during the acute phase (6-12 weeks) of treatment (Arch. Intern. Med. 1999;159:2349-56).

But in that randomized trial, the exercise was done in a group setting, so the social support may have contributed to the 50% reduction in symptoms. "In order for exercise to be an accepted monotherapy for depression, we must clarify issues of dose response," noted Dr. Dunn, now a research scientist at Klein Buendel Inc., a communications firm in Golden, Colo., specializing in community health education.

So, in a National Institutes of Health-funded study she conducted with her former associates at the Cooper Institute in Dallas, 80 adults aged 20-45 years with mild to moderate depression were randomized to one of five aerobic exercise groups.

In one group, 16 patients were assigned to a "low-dose"

energy expenditure of 7 kcal/kg per week 3 days a week. Another 18 patients were assigned to the same low dose five times a week, while a "public health dose" of 17.5 kcal/kg per week was assigned three times a week to 17 patients and five times weekly to 16 patients.

The 13 controls performed stretching flexibility exercises for 15-20 minutes per day, three times a week (Am. J. Prev. Med. 2005;28:1-8).

The 17.5 kcal/kg per week exercise condition is comparable with the public health guideline of 30 minutes of moderate exercise at least five times weekly, she said.

The group was 75% women and 75% white, with a mean age of 35.9 years. The participants were not receiving antidepressant medication, and all were initially sedentary.

A total of 72 began the exercise treatment, while 53 completed all 12 weeks of individual, monitored sessions. Dropout rates were higher for the controls (8/13, or 62%) than for all the exercise groups combined (19/67, 28%), and did not differ among the four exercise groups.

Scores on the 17-item Hamilton Rating Scale for Depression (HAM-D) dropped by a significant 47% from baseline among those receiving the public health dose and by a nonsignificant 30% among those in the low-dose group, with no differences between the 3-day per week (39%) and 5-day per week (38%) frequencies. Scores among the controls dropped by just 29% at 12 weeks, she reported.

The finding of no difference in results between the 3-day vs. 5-day per week frequencies suggests that total energy expenditure is the determining factor in reducing depression, Dr. Dunn noted.

Exercise away Depression

DALLAS (Ivanhoe Broadcast News)

In the United States, one in six people experience a depressive episode during their lifetime, and only 50 percent of the people who meet the criteria for diagnosis seek treatment for depression. New medications and therapies show great success in fighting it, but experts are pursuing another possibility: perspiration. Fighting depression by working up a sweat.

Depression knocked Monica Porter so far down, she worried she'd never rebound. "I just wanted to stay in bed and let the world pass me by," she tells Ivanhoe. Porter knew something was wrong but kept it a secret. "I was too embarrassed. I didn't know how to approach it with my family. I felt like I was failing somewhere." Once she sought help, medication quickly brought her back to life.

But could regular exercise also help beat the blues? Exercise psychologist Andrea Dunn, Ph.D., of The Cooper Institute in Dallas, says exercise is a viable treatment for depression. "It affects the biology in the brain in the same way that anti-depressant drugs do," she says.

Researchers say a chemical in the brain called serotonin may be the key. Depressed patients have low levels of serotonin, and exercise can boost those levels.

"It is easy to speculate that when you exercise, there is a change of serotonin system in the brain that could be affected and improve symptoms of depression," says psychiatrist Madhukar Trivedi, M.D., of University of Texas Southwestern Medical Center in Dallas.

Dunn says, "For some people who are reluctant to take drugs, or it's contraindicated, like in pregnant women, this may be a

very good alternative treatment."

While it may not work for everyone, for many, exercise may be just what the doctor ordered.

Experts say more than 90 percent of depressed people experience an overwhelming loss of energy. This can cause a person to stop exercising, which just compounds the effects of depression. Lack of exercise often leads to degeneration in physique, strength, and physical well being.




How personal traumas can affect your mind *and* your body

"I find this hard to write because it's not something that I have openly discussed in the past with anyone except my family and close friends. But my life has changed so much in the past months that I now feel it's OK to share this experience.

When I was 23 I was date-raped. For many years I have been trying to erase it from my mind. I often thought that maybe it was because I had a nice figure. Maybe what I wore that night was asking for trouble?

I now believe that I became overweight as my way of protecting myself. If I became unattractive to the opposite sex I would never get hurt again.



One day I saw a billboard advertising the 'Transformation Challenge programme at the gym and I realized that it was an opportunity to regain the power that was taken away from me that night. I wanted to prove that I could feel safe and secure in my own skin.

My colleagues said I wouldn't last when they heard I was doing the challenge, but I was determined to prove them wrong.

Strangely I found the hardest thing was going to the gas station and not also buying chocolate. I found that the new *pay at the pump* facility removes these temptations. I've also struggled for a long time to get the energy to get up for work. But I've found that I have gained so much MORE energy from working out at the gym – and I even sleep much better. My bra size sunk from 16 to a 12. My 'fat' clothes no longer fit me, and I can go shopping without feeling depressed.

Joanne


Reduced her waist by 15.1cms in 12 weeks

Mental-Health Benefits of Physical Activity

In addition to the direct physical-health benefits of physical activity, several studies suggest that engaging in physical activity or exercise programs can also benefit emotional well-being. Multiple studies indicate that physical activity improves mood and reduces symptoms of depression and anxiety.[27,28] Individuals diagnosed with major depression undergoing an aerobic-exercise intervention showed significant improvements in depression comparable to participants receiving psychotropic treatment.[29] Moreover, individuals in the aerobic exercise condition had significantly lower relapse rates than participants in the medication group. Other evidence suggests that consistent physical activity may prevent the onset of depression.[2] Furthermore, HRQOL appears to be improved through physical activity by enhancing the experience of well-being and increasing physical functioning in those with poor health.[4,30] In this section, recent studies reporting the mental-health benefits of physical activity are discussed.

Among healthy older adults, resistance training has been associated with improved mood states. McLafferty and colleagues [31*] conducted a study examining the effects of a 24-week resistance training program with three weekly meetings. Following the program, participants reported significant improvements in total mood scores, as well as reductions in confusion, anger and tension. Similarly, physical activity has been reported as a correlate of positive mood among women. In a study evaluating predictors of mood among women who had recently started a walking program, in addition to social support, physical activity was significantly associated with greater positive mood.[32*]

Others have investigated the effects of less conventional physical-activity programs. West and colleagues[33**]



evaluated whether alternative physical-activity programs, such as Hatha yoga and African dance, had an effect on psychological well-being. In this study, 69 participants were randomized to either an African dance, a Hatha yoga or a control classroom lecture condition. Results showed that participants randomized to the two physical-activity programs had significant reductions in perceived stress and negative affect. While most prior work evaluating the effects of physical activity on mental health has focused on middle-aged and older populations, recent work has focused on adolescent groups. In a study with a sample consisting of over 4500 adolescents, naturally occurring increases in leisure-time physical activity (i.e. physical activity occurring outside of structured school-based programs) were significantly associated with fewer depressive symptoms over a 2-year period.[34*] The inverse relationship between physical activity and depressive symptoms was independent of possible confounding factors, including SES, gender and alcohol consumption. Collectively, these recent studies suggest that physical activities, including less conventional practices such as African dance, can exert positive mental-health benefits across several populations.

Other studies have evaluated the extent to which physical activity can buffer age-related cognitive declines. Among 766 women aged 70-81 years, higher levels of physical activity were associated with better overall cognitive performance. Women in the highest physical-activity quintile of the sample displayed a 20% lower risk of developing cognitive impairment.[35**] This work is consistent with prior research suggesting that physically active older adults are less likely to develop normative age-related cognitive impairments.

Studies evaluating the benefits of physical activity among specific subgroups that have been traditionally neglected are beginning to emerge. In a study among adults diagnosed with Down's syndrome, participation in a 12-week, 3-days-per-week

exercise and health education program was associated with increased exercise self-efficacy, more positive expectations, fewer cognitive and emotional barriers and improved life satisfaction.[36**] Similarly, low-income Hispanic children in the 4th grade randomized to an aerobic-intensity physical-activity program improved cardiovascular fitness, reduced depression and increased self-esteem.[37*]


Workouts Are Potent Medicine for the Mentally Ill

By *ABBY ELLIN*

MATTHEW HASS is not sure what caused him to blow up to 300 pounds: his sedentary lifestyle, a diet devoid of fruits or vegetables or the medications he took for bipolar disorder. Not that the cause mattered. Mr. Hass knew he was at a crossroads: at 27 he said he felt like a "heart attack waiting to happen," so he decided to give exercise a chance. "I was ready to try something else that would help my moods," he said, "and maybe help me lose some weight too."

Mr. Hass, now 28, began working out with a personal trainer on Fridays, thanks to a program in Keene, N.H., called In Shape that pairs people with severe mental illnesses with mentors to guide them through a fitness regime. For almost a year and a half he also did circuit training and played tennis with his mentor. Since he signed up for In Shape not only has he lost 30 pounds, but he said his moods are steadier.

His experience illustrates why mental health experts increasingly recommend exercise for people with severe mental illness. It helps them stay physically healthy, which is crucial in a population that the surgeon general estimated in 1999 loses on average 15.4 years' life expectancy. And



research suggests that by improving mood, exercise can be a beneficial accompaniment to other kinds of treatment for mental illness. While exercise is unlikely ever to replace medication and psychotherapy, experts say, it can increase the likelihood that those traditional strategies will be effective.

Scientists have long known that exercise lifts the spirits of people without mental illness, and hundreds of studies have shown how it can improve the psychological health of those who suffer moderate depression, whether or not they take medication or engage in talk therapy.

But newer research has looked specifically at what good exercise can do for people with conditions like bipolar disorder, schizophrenia and severe anxiety disorders. In a recent study at Boston University, for example, 15 previously sedentary patients suffering from mood or psychotic disorders exercised with an instructor three times a week. After three months they reported that their symptoms of depression had lessened, and that they felt a sense of empowerment they had not known before.

A similar study, at the University of Florida College of Nursing at Gainesville, looked at the effects of an aerobic exercise program on 20 people with schizophrenia. After four months of working out three times a week, the patients lost weight and gained cardiovascular fitness. And compared with a control group of sedentary patients, the exercisers also had fewer psychiatric symptoms, like social withdrawal and paranoia.

Mental health experts, already concerned about their patients' weight and inactivity, have been spurred by such research to encourage patients to work out. Many have started programs like In Shape to help people with severe mental illness get moving.


"More and more people in the field are looking at this because people with mental illness are dropping dead from things that are lifestyle related," like a lack of exercise and poor nutrition, said Dori Hutchinson, the executive director of services at the Center for Psychiatric Rehabilitation, a research center at Boston University that recently began a four-day-a-week program. Patients walk, stretch and lift weights with a trainer and once a week play basketball or soccer. They also learn about nutrition and cooking.

At Fountain House in Manhattan people with schizophrenia and bipolar disorder get together to do yoga or tai chi three times a week or to walk for an hour or two. Last month McLean Hospital, a psychiatric hospital in Belmont, Mass., opened a fitness center with cardiovascular and strength training equipment. Soon yoga and aerobics classes will be added. "Ideally we'd like them to go most days for an hour," said Sally Jenks, the director of business development at the hospital.

In Shape, which began two years ago, is one of the more established exercise programs for the mentally ill. After going to a spate of funerals for relatively young patients, Ken Jue, the chief executive of Monadnock Family Services, a community mental health center in Keene, created the program to help patient's lead longer and healthier lives.

"Their physical health is compromised," Mr. Jue explained, "partly due to side effects of prescribed medications, partly due to the impact of mental illness on lifestyle choices, and in part due to economic limitations that many people with mental illness experience."

Initially he had hoped to attract 40 people; 65 signed up. They work out as much as they want with a personal trainer and in groups. They are also taught the basics of cooking and nutrition, as well as smoking cessation. The goal is to get patients into the habit of exercising regularly on their own, as



Mr. Hass does. These days he walks an hour a day and lifts weights three times a week.

Ann Lapointe, 37, joined the In Shape program in May. At that time, she said, "I was sleeping all the time, couldn't clean the house, and couldn't take care of my 9-year-old son." Now she hikes or lifts weights with her mentor for 90 minutes once a week. Other days she takes aerobics or spinning classes.

"It's really important for elevating my mood," said Ms. Lapointe, who suffers from bipolar, obsessive compulsive and anxiety disorders. She said she relies on her mentor's encouragement. "To be praised for exercising really helps."

Mr. Hass is feeling so much better that he no longer takes the eight medications he took for his bipolar disorder before he started exercising. He is down to just one drug, and he attributes that to regular workouts. Most doctors' say that exercise can never replace drugs, however and that should never be the goal.

"It would be a mistake to think exercise can be used instead of other treatments for depression," said Dr. Norman Sussman, a psychiatrist at New York University Medical Center.

Although exercise can be beneficial for people with schizophrenia, these patients must still take their medications, said Dr. Ken Duckworth, the medical director of the National Alliance on Mental Illness in Boston. "I have people with schizophrenia who swim half a mile," he explained. "They sleep better, they have less anxiety and they're less depressed. Do they still hear voices? Yes. But exercise helps them cope."

In some cases, Dr. Sussman noted, exercise is impractical. "If someone is so apathetic that they can't even change their clothes or get out of bed, which happens in severe depression, how can you tell them to go down to the health club?"

Some personal trainers specialize in helping the mentally ill get moving. Jeff Rutstein in Boston works with many people who have schizophrenia or bipolar disorder. Over the last few years his business has grown in part because he is often sent doctor referrals from McLean Hospital. "I get them to focus on their specific muscle group instead of on their negative thoughts," Mr. Rutstein said.

Marie Cotton, who is 60 and has suffered from depression for decades, is one of his clients. When she first got on the treadmill, Mrs. Cotton, a travel agent, said she was terribly afraid of falling. "Jeff always gave me a sense of security that he would not let me get hurt, which was a huge, huge thing."

Working out twice a week has helped Mrs. Cotton cope with her illness. She said she prefers Mr. Rutstein's private gym to group exercise. "You're not on display," she added.

Part of what Mr. Hass likes about the In Shape program is its anonymity. Patients work out at the YMCA among other fitness enthusiasts, and nobody knows who is in the program and who is not. And although mentors are willing to talk about clients' medical problems, that is not their focus.

"They are not their mental illness," said Brenda Buffum, 30, the lead health mentor for In Shape. "I treat them like any other training client."

Exercise Those Blues Away

(Ivanhoe Newswire) -- Aerobic exercise is just as good at beating mild to moderate depression as standard antidepressant medications, report University of Texas Southwestern Medical Center researchers publishing in this month's American Journal of Preventive Medicine.

In a study comparing five different exercise programs for people with mild to moderate depression, they found nearly a 50-percent reduction in depressive symptoms among those taking part in aerobic exercises like walking on a treadmill three to five times a week.

"Numerous effective treatments for depression are available, yet many people don't seek treatment because of the negative social stigma still associated with the disease," says study author Dr. Madhukar Trivedi. "Exercise may offer a viable treatment alternative, particularly as it can be recommended for most individuals."

The study involved 80 people with mild to moderate depression who were randomly assigned to take part in an aerobic exercise program either three or five days a week, a lower-intensity exercise program three or five days a week, or a program involving stretching exercises for 15 to 20 minutes a day for three days a week. All of those who performed the aerobic exercises exercised for about 30 to 35 minutes during each session.

After 12 weeks, people taking part in the aerobic exercise groups saw, on average, a 47-percent decline in depressive symptoms, which is similar to outcomes seen for people treated with antidepressants or cognitive therapy. Twelve percent of the group had a complete remission of symptoms. The other groups also saw a decline in depressive symptoms, but they were not considered statistically significant.

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Faith

It would be extremely remiss of me if I didn't share this with you. Before you make an immediate judgment and skip this part let me urge you, if you are not totally happy, and if you do indeed have health, depression and stress challenges that at times overwhelm you – read this.

In my teenage and early twenties I used to knock people who went to church. My favourite term was 'spectacled geeks' although that role has now somewhat been taken over by 'computer nerds'. During these years some of my own actions could also be viewed as irresponsible. I did have a lot to learn.

But when I turned twenty eight I began what they call 'searching' for the meaning of life. I began to realize that we're not as *indestructible* as I'd previously thought. We will all die one day. It was shortly after this that I opened our first gym – a marathon effort and a challenging learning curve.

In the early years of running the gym I collected a group of friends in different walks of life who just happened to be passionate Christians. There was the charismatic and popular former Mr New Zealand – Barry Davies, a prominent owner of a law firm and former Auckland Rugby rep – Bernie Allen, Craig Wormald – a local businessman, and Julian Batchelor a School Principal.



I used to try and figure out why they could each have faith in something they couldn't see and someone I couldn't hear. But they all appeared highly intelligent. Even more-so probably more intelligent than me. What did they know that I didn't?

It was at this time that I developed a passion for learning more about being successful in life and I started attending major Auckland events with people speaking such as the famous American, Zig Ziglar. Then I found out that these highly respected people were also passionate Christians.

I remained questioning and highly skeptical for a few more years and later when another passionate Christian, Derek van Beynen joined our team I finally decided to wander along to Church and listen to what Pastor Tak of West City Christian Centre, had to say.

Soon I got into the routine and never wanted to miss what Pastor Tak had to say. It was incredible that often, the very stresses and challenges I had been battling with during the week, were the topic of his talk to us. In fact, upon arriving at the church my intention would be not to return to the family but to return to work, for my seventh day of the week. But those 90 minutes would always put things into perspective. It would help me realize the things that were most important in life, and upon leaving I would usually spend quality time with my family instead.

Even times of high stress when our backs seemed to be to the wall, that 90 minutes gave me peace before I left church. My wife started to come with me a couple of years later and we began to realize that a number of our prayers had been answered.

When I was a teenager and a 'hippie' I used to wear a T-Shirt my parents hated. In large pink letters it read 'If it feels good, do it!'. And without a system of belief and some guidelines, humans around the world are inclined to have a variety of

values that often lead to cheating on your partner, theft, rape, killing, murder and war.

It has become obvious to me that you can't have a healthy society operating to suit individual values. If someone says 'It's OK to kill that dude because I don't like him' – and his values are that this is OK to do, it's immediately obvious that we do need universal laws.

The Bible gives us a value system – the best available with the Ten Commandments.

I looked at the number of marriages that were breaking up and the number of children with solo parents. Then I thought about what would happen when I was dead and wondered what this life was all for; And I finally came to the conclusion that the words of the Bible offered the answers to all of this. These words offer tremendous wisdom for almost everything we experience in life.

I could go on but will end with what I read in a small booklet *this morning* entitled 'The Word for Today'.

'Yale University conducted a twenty eight year survey which found people who go to church regularly are happier, enjoy better health and live longer than those who don't. Think about that. The survey of twenty eight thousand older church attendees found that they had lower blood pressure, less stress and greater immunity to disease. And the non-church goers in the survey had a shortened lifespan, roughly equal to that of cigarette smokers!'

Stress

When my doctor completed a medical certificate enabling me to collect sickness benefit for 'depression' he also directed me to visit a psychologist. Days later I arrived at the Remuera clinic and paid my \$60 to see him, a lot of money in 1977. As I walked in he asked me lie on the couch just as they do in the movies – then I witnessed the twitch!

The poor psychologist obviously suffered from a cluster of nervous twitches. I could only surmise that this was the result of him being inflicted with a massive variety of stressed out patients every day for years. He helped me get better in a way that he hadn't intended. I left that place as fast as I could, swearing never to return!

Several years later I had started my own business – a gym. I worked seven days a week and usually 80 hours weekly. I slept on the premises next to the toilets. With no previous business experience and no experience in leadership I had a staff to handle. I had no money to start it and no money to pay myself for the first three years. Creditors who I couldn't pay would call me with a variety of threats. Fortunately everyone *did* get paid ...eventually.

I have been in business now for over twenty six years and the pressure and stress have remained in a variety of forms each day. But do you know what keeps me sane? Exercise!

Every single day I exercise – seven days a week.

This is one of the most valuable lessons I have ever learned in life and one that I'm passionate about passing on to YOU.

"Exercise takes stress away"

It doesn't matter how much pressure you are under. If you set aside time for a daily workout, it needs to be a dedicated time for YOU. Leave your mobile behind.

If you can do this, you will remove all of the build-up of stress in as little as thirty minutes!

Even better; I have discovered that if you take an interest in doing resistance weight routines, it will result in you feeling 'extremely relaxed' afterwards and able to handle 'anything'. Your body will be pumped and strong, your face glowing with healthy and your walk confident and relaxed.

In my experience, weight training is the best stress relief. Then comes cardio activity such as bike riding, running, swimming or walking. Try it yourself!

Take a look at these articles;

Exercise 'Could Tackle Depression'

"Patients with mild or moderate depression asking their GPs for help are currently being denied an effective treatment option - exercise referral" - Dr Andrew McCulloch

Exercise could prove to be a more effective treatment for some forms of depression than pills, campaigners have claimed.

The Mental Health Foundation said GPs should be offering all patients with depression a programme of exercise to help overcome their symptoms.

The charity's report - Up and Running - marks the start of a year-long campaign calling for more exercise therapy for people with mild or moderate depression.

It comes amid growing concern about the side-effects and

over-prescribing of antidepressants in the UK.

Dr Andrew McCulloch, MHF chief executive, said: "Patients with mild or moderate depression asking their GPs for help are currently being denied an effective treatment option - exercise referral.

"There are some obstacles standing in the way of exercise on prescription for all, but they're not insurmountable.

"Society needs to be educated about the benefits of exercise in treating mild or moderate depression, and GPs need to be made aware that exercise referral is available."



David Jennings, Massey, Auckland

Blood pressure
Before: 120/80
At 12 weeks: 110/65

Wife gains a happier husband after exercise regime

Early one Sunday in August I woke up and decided enough was enough! After twenty years of smoking a packet a day I was driving a taxi and not getting any

exercise at all. My wife had nagged me for years to stop smoking. I joined Club Physical and gave-up cigarettes cold turkey that same day.

My daily routine went from nothing to feeling 'energised' from the time I woke up until the time I went to bed. Even if I work a

nine to ten hour day and go to the gym, I'm still keen to do other things at home instead being the coach potato I was.

My wife noticed a dramatic change in my level of stress. She began telling me how much of a nicer person I was. But the real eye opener was a letter my small daughter wrote asking me to keep going to the gym, I was so much nicer!

'Dear daddy...I hope you keep going to that happy place!'

Work pressures can cause enormous stress

After losing my business partner three years ago I have been under enormous stress. This in turn led to a decline in my motivation. But thankfully, I decided to join Club Physical.

My Private Trainer quickly picked up that I had very high blood pressure. Thanks to her (Jody) the programme she gave me brought this down and both my weight and BP are getting under control. I hate to think what would have happened to me otherwise. This has been a 'bloody lifesaver!'



Gary Hendrick, Glen Eden, Auckland

Blood Pressure
Before: 180/110
At 12 weeks: 130/80

Exercise Can Beat Depression

Patients with depression should be offered exercise on prescription rather than drugs, campaigners say.

The Mental Health Foundation (MHF) says that GPs should be offering all patients with depression a programme of exercise to help combat their symptoms.

The charity's new report - *Up and Running?* - marks the start of a year-long campaign calling for more exercise therapy for people with mild or moderate depression.

It comes amid growing concern about the side effects and over prescribing of antidepressants in the UK. Guidelines now state that antidepressants should not be used as a first line treatment for mild depression.

The majority of the drugs are also now not recommended for under 18s due to possible side effects including the increased risk of suicide.

Lack of available alternatives

The MHF said that growing evidence showed that a supervised programme of exercise on prescription could be as effective as antidepressants in mild to moderate depression. But their report said GPs were still turning to the drugs as their first option because they believed there was a lack of available alternatives, such as counseling.

The cost of antidepressant prescriptions in England has risen by more than 2,000 per cent in 12 years, they added.

A poll of 200 GPs found that only five per cent used exercise as one of their three most common treatment responses to depression.

In contrast 92 per cent of GPs used antidepressants as one of their three most common treatment responses.

The survey also found that 78 per cent of doctors had prescribed an antidepressant in the last three years despite believing an alternative treatment might have been more appropriate.

Three-quarters said they had done so because a suitable alternative, such as counseling, was not available.

Not financial

Dr Andrew McCulloch, MHF chief executive, said: "Patients with mild or moderate depression asking their GPs for help are currently being denied an effective treatment option - exercise referral.

"Society needs to be educated about the benefits of exercise in treating mild or moderate depression, and GPs need to be made aware that exercise referral is available."

Paul Bates, head of mental health and disability services at South Tyneside Primary Care Trust, said: "For GPs, the cost of changing their practice is psychological, not financial.

"They're beginning to see that there are alternatives to writing a prescription, and that it's not their sole responsibility to deal with a person's problem - there are alternatives, and exercise referral is an example of that."

The MHF called for the Government to invest £20 million in developing and promoting exercise referral as a treatment for depression across the UK - representing around five per cent of the annual spend on antidepressants in England.

Depression patients urged to exercise

The national depression initiative, beyondblue, says a new awareness campaign promoting the benefits of exercise could make a significant difference for the one-in-five Australians who suffer depression.

Beyondblue has joined forces with the Exercise Physiologists Association to help educate both GPs and depression sufferers about the effectiveness of using exercise to manage depression.

The Exercise Physiologists Association's New South Wales president, Chris Tzar, says exercise has been proven to be as effective in fighting depression as medication or psychotherapy.

"There are numerous studies that have shown those results," he said.

"They range from aerobic-based exercise like walking or jogging to strength training so what it presents is an alternative to medication if appropriate.

"Exercise can also address a range of other chronic conditions, not just depression."

Beyondblue's chief executive, Leonie Young, says while studies show these results, exercise has been largely neglected as a method to manage depression.

She says the joint association initiative will work to curb that trend.

"When people are visiting the GP and their identifying signs and symptoms of depression they will be able to be referred to an exercise physiologist," she said.

"As well as that though we're really keen to get the message out that depression and exercise are a good fit and keeping active can be a great way of helping manage depression and anxiety."



Pastor Katherine Siaki, Henderson, Auckland

*Blood pressure
Before: 145/90
At 12 weeks: 115/75*


I have set before you life and death...therefore choose life (Deuteronomy 30:19)

Trying to cope with personal traumas, failures, disappointments and church upheavals left me psychologically

and emotionally devastated. This resulted in depression, loss of purpose and self esteem, loss of drive and energy. I found it difficult trying to cope with everyday commitments.

My weight skyrocketed to an all-time high. My blood sugar, blood pressure and cholesterol rose even higher. My hormone levels were low due to post menopause.

I found myself reflecting on how my mother and first husband both died of heart attacks at the age of 53. I was now 52. The way things were going I was headed in the same direction. I felt this indescribable depression overwhelm me. I seemed to have no control. I remember thinking 'far out', is this what it's like to have a breakdown?'



Right then the phone rang and it startled me. It was a call from Cathy, the Manager at Club Physical TeAtatu, Auckland. I now believe that call changed the course of my life! Right then I made a conscious decision to change my life. I didn't want to die, I wanted to LIVE!

I started at the gym and two weeks into my programme I was inspired to complete a special programme called the 12 week Transformation. I looked at the testimonial and thought, if they could do it, so could I!

My self respect and courage have been restored. The improvements psychologically and emotionally have been a Godsend. My body shape, health, cholesterol, blood sugar and blood pressure have improved dramatically.

Broken relationships have been reconciled and flourishing again. Family, friends and church members have been commenting on how young, trim and relaxed I am now.

Harvard Mental Health Letter

Exercise helps relieve severe depression, anxiety, chronic mental illness

How useful is exercise for people with severe depression, anxiety, or chronic mental illness? Hundreds of studies show that it can help-but there are qualifications. Possible explanations for the mood-enhancing effect of exercise include:

- enhanced body image
- social support from exercise groups

- distraction from everyday worries
- heightened self-confidence from meeting a goal
- altered circulation of the neurotransmitters serotonin, norepinephrine, and the endorphins.

Exercise may also serve as a form of predictable stress that supplies a kind of "vaccination" against the uncontrolled stress that leads to depression and anxiety.

It's also possible that exercise's effect on mental health is an illusion. According to some surveys and observational studies, it could be that depression and anxiety prevent people from exercising, rather than the other way around. Or some feature of personality or upbringing might cause both depression and sedentary habits.

Even controlled trials on the subject often have problems, such as insufficient follow-up, the difficulty of correcting for the effect of expectations, and the fact that people who volunteer for exercise studies are not necessarily typical.

These doubts may not matter, because exercise has many health benefits and does little harm. But low motivation is a problem. People are often told to find an activity they enjoy, but depressed people don't enjoy anything much. So it's necessary to begin slowly and remember that exercise does not have to be strenuous to be helpful. Walking, gardening, or household work will do.

I became depressed every time I looked in the mirror.

I used to be a gym junkie years ago and was always fit and trim. But then I got married and had two beautiful children. I got a promotion at work and took on a family sub-division project. I developed the hectic lifestyle of many Aucklanders.

During all this my health took a back seat and my thirty something spread set in. I was overweight, the heaviest I'd ever been and developed lower back pains. I became depressed every time I looked in the mirror. I now lacked the confidence to do something about it.

Fortunately I heard about a programme being run at Club Physical and joined. The nutrition advice and motivation I received from our Trainer's (Tavia) group sessions spurred me on. This programme has helped me organize my life so that my health will be sustainable for a long term future.

My energy level and fitness have increased beyond expectations – and the boost to my confidence and self-esteem has flowed through to my work-life and my marriage!



Grant Williams, Henderson, Auckland

Blood pressure
Bfore: 149/109
At 12 weeks: 132/86

Is 'Zennis' the New Mental Health Therapy?

Some Experts Say the Path to Well-Being Is Paved With Physical Activity

Sept. 1, 2006 - Looking for some peace of mind that goes beyond the therapist's couch?

The solution could be found in exercise.

Now, counselors are providing a new kind of mental health treatment that combines talk therapy with physical exercise that includes everything from walking and hiking to tennis and golf.

Clay Cockrell, a New York City licensed social worker, has taken his therapy off the couch and into the great outdoors.

"I meet you. We do our session. It's just much more convenient," Cockrell said.

Antidepressants are taking away business from talk therapy, according to some experts.

A recent study found that less than 15 percent of patients had the suggested amount of follow-up care after starting medication.

So therapists have to find new ways to keep people interested in talk therapy.

Cockrell thinks combining talk therapy with physical exercise might increase the number of people considering talk therapy.

"I think we're becoming a society looking for a quick fix. I go, I take my pill, and I'm better," he said. "It doesn't work that way."

Bonus Benefits

There's an added bonus in walk and talk therapy - the exercise.

Research has shown that even a light workout helps diminish bad moods and relieve pain.

"It's not for everyone, but for those that it works, it really, really works," Cockrell said.

For the clients of Los Angeles-based tennis pro Zach Kleiman, the new method seems to really work.

Although not licensed like Cockrell, Kleiman plays counselor on the court with his self-described practice of "zennis" - a combination of Zen thinking and tennis.

"Play as though you really don't know what's coming at you and you don't know what's going to be," Kleiman said to one client on the court.

"Almost every exercise is about getting the client to free themselves from their limitations, expectations, positive or negative," he said.

Kleiman tries to help his clients "find that ground where they can [be] freer and live happily."

A Good, New Approach - or Unprofessional?

Lauren Liebowitz sees Kleiman in conjunction with traditional talk therapy to deal with her mother's death, as well as issues of control.

"Well, OK, I'm confessing. I'm a control freak," Liebowitz said. "I can't help it." Zennis has given her a new outlook, she said.

"For me, it's an out-of-body experience in a sense that I can step outside of myself and see myself participating and get a better understanding of how I behave," she said.

Kleiman said he received some referrals from licensed therapists whose clients - often couples - had come to him for a range of problems from eating disorders to marriage troubles.

Some critics, however, say the new type of therapy is unprofessional and doesn't protect clients' anonymity.

Cockrell, however, disagrees.

"I think that it's still a session. You're here for 50 minutes to an hour whether we're in an office or we're outside walking in the park," he said to "Good Morning America."

For the clients, exercise therapy seems to hit a lot of birds with one stone: fitness, healing, and a little fun.

For more information social worker Clay Cockrell, visit www.walkandtalk.com

For more information on zennis counselor Zach Kleiman, email him at zmetaphorman@juno.com.

I felt that I had lost myself completely

During my 20's I piled on the weight. I gained an extra 40 kilos! This extra weight had a huge impact on me. I became self conscious and introverted. My self esteem reduced to nothing. It completely changed my personality and my way of living. In fact I felt that I had lost myself completely.

I believed that I had already lived the best part of my life. All I could see in my future was 'blackness'. I just wanted to curl up into a ball and sleep forever. I had tried and failed at Weight Watchers and was scared that I would fail at something else.

A friend suggested that I join the Club Physical programme and that was the push I needed.

From the first week I started seeing results. Initially, it was how I felt more than how I looked. I began to feel more energetic and positive about life. I began to thrive on the daily workout challenge and reaching a 'TEN' every time. Then my clothes began loosening and these changes fueled me on.

The increased confidence has impacted all areas of my life. I am more assertive at work. I'm friendlier and more outgoing. I've started to get more 'social'. I feel like I can move mountains – nothing is impossible if I set my mind to it.

Finally, I've let go of some of the burdens that I have been carrying for years. I am well on the way to becoming the person I have dreamed about for so long.



Rebecca Wyatt, Auckland

Blood pressure
Before: 130/90
At 12 weeks: 121/82

Just 30 Minutes of Brisk Walking Can Immediately Boost the Mood of Depressed Patients

AUSTIN, Texas - Just 30 minutes of brisk walking can immediately boost the mood of depressed patients, giving them the same quick pick-me-up they may be seeking from cigarettes, caffeine or binge eating, a small study found.

Researchers at the University of Texas at Austin found that people suffering from depression who walked on a treadmill for 30 minutes reported feeling more vigorous and had a greater sense of psychological well-being for up to an hour after completing the workout.

Those patients and another group that sat quietly for 30 minutes both reported reductions in negative feelings such as tension, depression, anger and fatigue.

But only the group that exercised said they felt good after the session, according to the study, published in the December issue of the journal, *Medicine and Science in Sports and Exercise*.

Lead researcher John Bartholomew said the study reinforces past research that has found consistent exercise, along with medication and counseling, can help people overcome depression.

However, Bartholomew's is among the first to show that exercise can have a positive effect right away.

"It's not something you have to do for 10 weeks and it's not something you have to do at a high intensity," said Bartholomew, an associate professor of kinesiology and health education. "You should derive a benefit very early on in the process, and hopefully that is the kind of thing that will motivate them to continue to engage in the behavior."

The study, funded by Future Search Trials, an Austin medical research company, involved 40 people between the ages of 18 and 55. All were recently diagnosed with major depressive disorder, were not taking antidepressants and did not regularly exercise.

Twenty patients were assigned to exercise for 30 minutes, while the others sat quietly for the same amount of time. They were surveyed five minutes before the session and five, 30 and 60 minutes afterward.

The positive mood effects from walking were sizable, lifting their feelings of vigor to near-normal levels, the study said. But the results were short-lived, returning to pre-exercise levels within an hour.

While the study shows depressed people who self-medicate with cigarettes, caffeine or food binges could get similar positive feelings from exercising, experts said it won't be easy to persuade them to replace bad habits with walking or shooting hoops. It's hard enough to get healthy adults to exercise.

"For people who are severely depressed, that may not be something I'm really going to hang my hat on," said Dr. Erik Nelson, an assistant professor of clinical psychiatry at the University of Cincinnati College of Medicine.

But for mildly to moderately depressed patients, exercise may lessen feelings of helplessness and isolation, he said.

"People shouldn't feel like the only thing they can do is take their medicine and wait till they feel better," Nelson said. "This kind of shows there are things you can do to help yourself in the short term."

Sleep

Sleep – we should be doing this for a third of our lives, so it pays to do it well. If you have read the first chapter you will know that lack of sleep has been a huge issue for me in the past.

The keys to healthy sleeping that I have learned are;

- Avoid discussing or thinking about business after 6pm
- Exercise daily
- Avoid eating or drinking stimulants such as caffeine near bedtime
- Avoid arguments
- Read a biography or something peaceful before bed – reading about someone else's life takes your mind off your own challenges!
- Go to bed around the same time each night

Here's an article that may interest you;

Sleep Regular Exercise: A Key to Healthy Sleep

SUNDAY, April 24 (HealthDay News) - Older adults who have trouble catching 40 winks can find information about insomnia, and how to deal with it, at the US Federal Government's NIHSeniorHealth website.

"Although sleep patterns change as we age, disturbed sleep and waking up tired every day are not part of normal aging. In fact, many healthy older adults report few or no sleep problems," Andrew A. Monjan, chief of the Neurobiology of Aging Branch at the U.S. National Institute on Aging, said in a prepared statement.

"NIHSeniorHealth now has accurate, up-to-date information to help all older Americans get a good night's sleep," Monjan said.

Sleep is essential to good health and quality of life. Poor sleep can lead to many problems, including depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls and the need to use more sleeping medication.

Some NIHSeniorHealth tips for a good night's sleep include getting regular exercise, which improves the quality of sleep, and maintaining a regular nighttime schedule before going to bed, which tells the body it's time to wind down for slumber.

Workouts cure Yvette's chronic sleep apnea

I'd been overweight most of my life and got to the point that I always thought I would be. For the last eight years I weighed well over one hundred kilos. As a result, I was always sick. I was constantly depressed and suffering from exhaustion due to chronic sleep apnea.

I had tried everything to lose weight, but no matter how motivated I was in the beginning, I never stuck it out – until I joined the Club Physical programme.

My trainer Rachel was absolutely awesome – I can't praise her enough. With her help I've had amazing success. When I stepped on the scales and saw my weight had reduced to double figures, I couldn't believe it.

Exercise and healthy eating are now part of my life. I can hardly put into words how much it means to me to know that I can achieve goals I've set for myself.

I know it's a cliché, but I feel like a completely different person to the one I was three months ago. I feel happy and healthy. No longer having to shop in the 'plus size' shops is a bonus too!



Say goodbye to destructive health habits

The great majority of the problems you and I are confronted with are of our own doing. And many of these can be changed if we have a will to do so;

Worry

If you suffer from worry, can I recommend you buy a book? This book is one of the most valuable resources that will help you to eliminate worry and to manage your daily 'challenges' so that they don't detrimentally affect your life and those around you. It's called 'How to stop worrying and start living' by Dale Carnegie. The book was written a number of years ago and that alone helps make the series of experiences and short stories covered, both entertaining and valuable to you.

Recommended book: 'How to stop worrying and start living' by Dale Carnegie

Enrolling on a ten week Dale Carnegie course was a life-changing event for me and it could be for you.

One of the philosophies taught by Dale Carnegie is to 'live in day tight compartments'. That is similar to what is taught in the Bible. Be concerned only with TODAY, let tomorrow worry about itself. One book I read stated that a study had been completed about things that people have worried about. It was concluded that the vast majority of concerns never eventuated.

Mathew 6:27 'who of you by worrying can add a single hour to his life?'

Keeping busy

It's called 'Occupational Therapy' in medical circles.

Over the years I've noticed that a lot of people, who complain, don't have a lot to do. For a time our office was next to an aging neighbor. Whenever we invited our managers for a meeting our neighbor would be on the phone to the Council, complaining about the extra cars parked outside on the roadside. But the real problem was, she didn't have anything else to do.

Some people, who aren't very busy, begin paying too much attention to insignificant things and even become 'hypochondriacs' – imagining that they have many things wrong with them.

If you find yourself becoming 'inner focused' why not instead look for more ways to get active in life?

- Join a health club
- Join a walking group
- Join a sports group
- Enroll on a course
- Enlist to help a charity
- Start a business
- Create a garden
- Gain a new hobby
- Get involved with thinking about and helping others
- Join a church

Confidence

Lack of confidence can be extremely limiting. If you suffer from this, you need to make a decision. Do you want to stay this way or are you will to muster up the courage to change?

This is a very simple method to learn to become confident. But first you need to decide that you are going to do it, no matter what. Just do it. Learn how to get your 'butterflies to fly in formation'.

Here it is. Go onto the internet and look up Toastmasters New Zealand. Find a group in your area – and there will be. Call them up and ask to be invited as a guest to the next session. If you do this and become determined to stick with it, I can promise you that your lack of confidence will become a thing of the past.

Your eating habits

Over eating is probably the most preventable and destructive thing we do to ourselves. Becoming obese can create feelings of low self esteem as well as a myriad of associated health challenges.

Why not become interested in sourcing healthy, low fat food? Learn how to eat a decent breakfast as a rule. Have reasonable healthful snacks during the day and you shouldn't become ravenous and over do things at night. Eating healthily can have a dynamic effect on the way you look *and the way you feel!*

Get lighter and be brighter!??

Excess Weight Bad For Brain, Study Finds


MONDAY, Nov. 22 (HealthDayNews) -- Obesity is harmful to the brain for women, but it doesn't appear to raise the risk of dying for men who have suffered heart attacks, according to two new studies.

Swedish researchers say that women who have been obese throughout their lives are more likely to lose brain tissue in the temporal lobe compared with women of normal weight. Loss of brain tissue has been linked to cognitive decline and an increased risk for Alzheimer's disease (news - web sites).

Obesity is a well-known risk factor for heart disease, but a separate study surprised researchers by finding that it didn't increase the risk of death in men who had already suffered a heart attack. The Swedish paper "is the first study to show [that] a higher body mass index is related to brain atrophy," said lead researcher Deborah Gustafson, a psychiatrist at Sahlgrenska University Hospital in Göteborg.

The only significant relationship between body mass index (BMI) and brain atrophy was found in the temporal lobe, Gustafson said. "The temporal lobe is important for a number of reasons, including hearing, speech, language, comprehension, naming, memory, and visual processing of, for example, faces," she said.

BMI is a height-to-weight ratio to determine whether someone is of healthy weight; a BMI of 25 -- a 5-foot, 7-inch person weighing 160 pounds -- or above is considered to be overweight, while a BMI of 30 -- a person of the same height weighing 190 pounds -- or higher is deemed to be obese. Increased BMI accounted for about 8 percent of all dementia, Gustafson added.



In their study, Gustafson and her colleagues collected data on 290 Swedish women born between 1908 and 1922. Each woman had four exams between 1968 and 1992. At the last exam, they underwent a CT scan to determine if they had lost any brain tissue during the 24 years of follow-up, according to the report in the Nov. 23 issue of *Neurology*.

The researchers found that a higher BMI was directly linked to loss of brain tissue. "BMI was related to 11 to 14 percent higher odds of temporal lobe atrophy per one unit of [increased] BMI," Gustafson said. "Women who were, on average, heavier were more likely to have temporal lobe atrophy."

However, the amount of atrophy was not related to increasing levels of BMI, Gustafson said. "In other words, those women with more severe temporal lobe atrophy did not have a higher BMI compared to women with mild atrophy," she explained.

Gustafson speculated that the connection between BMI and loss of brain tissue may be due to fat causing more oxidative stress, resulting in an increase of free radicals in the body. Another reason may be because fat leads to atherosclerosis, which can limit oxygen flow to the brain. Still another possibility may be that fat causes the release of hormones and growth factors that are harmful to brain tissue, causing brain atrophy.

According to Gustafson, it is not known whether these results apply to men, or if the effect can be modified by losing weight. "However, maintaining a healthy body weight over the course of one's life may decrease the odds of temporal lobe atrophy and subsequent dementia," Gustafson said.

"This finding fits logically with a previous paper that showed that BMI correlates with Alzheimer's disease," said William Thies, vice president for medical and scientific affairs at the Alzheimer's Association. "People with high BMI at middle age have more Alzheimer's disease."

Moreover, these findings support the need for more public education in how to maintain a healthy brain, Thies added. "Our Maintain Your Brain program tries to get people to understand that relatively simple interventions can make a profound difference in some of the risk factors that contribute to public health," he said.

For the heart attack-obesity study, researchers collected data on 5,010 middle-aged and older men who participated in the Physicians' Health Study, according to the report in the Nov. 22 issue of the *Archives of Internal Medicine* (news - web sites).

According to the study results, men with a BMI of 28 or greater and who had had a heart attack or stroke did not have a significantly greater risk of death from cardiovascular disease compared with thinner men.

The finding was surprising, said co-author Howard D. Sesso, an assistant professor of medicine at Harvard Medical School (news - web sites). "One always assumes that when we deal with obesity, higher is always worse," he said.

"Our finding doesn't suggest that there are benefits to being heavier," Sesso said. "But that there was no added risk was surprising. Of course, these are men who had likely felt the impact of being obese in the first place."

Sesso believes that some of these men may have lost weight since their heart attack or stroke. In addition, treatment with medication to prevent a second heart attack or stroke may play a role in their reduced risk of death, he said.

It is not clear if the effect is the same for obese women after having a heart attack or stroke, Sesso said. "It is not our desire to downplay the role of being heavy," Sesso explained. "We would like to replicate these findings," he said.

Heavy bodyweight raises dementia risk in men

NEW YORK (Reuters Health) - A link between body mass index (BMI) -- a measure of weight in relation to height -- and a hospital or death certificate diagnosis of dementia has been identified in a Swedish study.

Drawing on data collected in the Primary Prevention Study that began in Goteburg in 1970, researchers analyzed 7402 men who were between 47 and 55 years old between 1970 and 1973. None of the men had a history of stroke or heart attack at the start of the study.

Dr. Annika Rosengren of Sahlgrenska University Hospital in Goteburg and a multicenter team classified the subjects into four groups: 22 men diagnosed with Alzheimer's disease; 78 men with a secondary diagnosis of dementia; 154 diagnosed with dementia as a primary diagnosis or cause of death; and 7148 men who had never been diagnosed with dementia.

According to the team's report in the Archives of Internal Medicine, they found that the likelihood of dementia rose linearly as body mass index increased.

That is, after factoring in smoking, blood pressure, cholesterol, diabetes, and social strata, men with a BMI of about 20 at the start of the study had the lowest risk of developing dementia, and the risk rose steadily up to 2.5-times greater for men with a BMI of 30 or higher.

"Overweight and obesity," Rosengren's group says, "could be major preventable factors in the development of dementia."

SOURCE: Archives of Internal Medicine, February 14, 2005.

First Signs of Dementia May Be Physical

By Amanda Gardner

MONDAY, May 22 (HealthDay News) -- Poor physical function may be a warning sign of increased risk of Alzheimer's disease and other dementias, a new study suggests.

"Our point is that you don't want to separate the mind from the rest of the body," said study co-author Dr. Eric Larson, director of the Group Health Center for Health Studies, in Seattle. "The two are inextricably linked in older people," he added.

"Even the mildest degree of physical disability is going to predict a heightened risk for Alzheimer's," added Dr. Gary Kennedy, a geriatric psychiatrist and chairman of the Geriatric Mental Health Foundation at Montefiore Medical Center in New York City. "This adds a little to diagnostic precision when we're looking for who's at risk and who's not, so we can provide interventions that prevent," he said.

While some previous studies have found a relationship between physical function and cognitive ability, they haven't explored how physical performance is linked to the development of dementia or cognitive impairment, which is often a precursor to dementia.

For the new study, which appears in the May 22 issue of the Archives of Internal Medicine, investigators looked at 2,288 men and women aged 65 and older who did not have dementia when the study began.

Cognitive abilities were assessed and ranked at the beginning of the study. Physical function was assessed, according to several established tests: a timed, 10-foot walk; a "chair-stand test" that timed participants as they stood from a seated position five times; a standing balance assessment; and a

measurement of grip strength in the dominant hand.

Assessments were updated every other year for an average of six years.

At the beginning of the study, individuals with lower physical-performance scores also had lower cognitive scores.

As the study progressed, people with higher physical-performance scores were three times less likely to develop dementia than those with lower scores.

The first physical indicators of a risk for dementia in people without cognitive impairment seemed to be problems with walking and balance. And among people with apparent mild cognitive impairment, a weak handgrip suggested they would progress to dementia, the study found.

In other words, balance and walking problems may occur during an earlier stage while a weak handgrip may occur during a later stage.

The good news is that stepping up physical activity levels may also have a stalling effect on dementia.

The same research team had earlier found that seniors who engage in some form of minimal exercise at least three days a week can cut their risk of developing Alzheimer's and other forms of dementia by as much as 30 percent to 40 percent. The message from that study, Larson said, was "use it even after you start to lose it."

And that message may be equally applicable here.

"If you notice physical function declining, it's arguably a good idea to rehab yourself or have a strong physical exercise program early on," Larson said. "I'm very excited about this," he

said. "Something as simple as regular walking may lessen the rate of dementia."

Kennedy added: "If you think the person has very subtle decrements in motor performance, it might be worthwhile to get them up and out and more physically active. It's never too late to start exercise."


Excess Weight Increases Incidence of "Chronic Daily Headaches"

THURSDAY, April 14 (HealthDay News) -- Widening waistlines may increase the chances of frequent, painful headaches, new research findings suggest.

In a study involving almost 31,000 adults, researchers found that compared to normal-weight people, obese individuals doubled their risk for chronic daily headache -- non-migraine attacks occurring at least 15 times per month.

"Their headache attacks were also much more severe," said study author Dr. Marcelo Bigal, director of research at the New England Center for Headache in Stamford, Conn. He was to present the findings April 14 at the American Academy of Neurology's annual meeting in Miami Beach.

In the study, Bigal and colleagues conducted phone interviews with 30,850 people who reported at least one painful headache attack over the previous year. They then compared the headache frequency and severity of underweight, normal-weight, overweight and obese individuals. Obesity was defined as a body mass index (BMI) of 30 and above (for example, a 5-foot-8 person weighing 200 pounds has a BMI of 30.4).



According to the study, 3.8 percent of individuals in the study group as a whole suffered from chronic daily headache. That prevalence rose significantly as waistlines expanded, however.

For example, 5 percent of overweight individuals -- those with BMIs between 25 and 30 -- suffered from chronic daily headache, "and if individuals were obese, that number rose to 7 percent -- almost double the average," according to Bigal, who is also an assistant neurology professor at Albert Einstein College of Medicine in New York City.

The severity of each attack increased as weight rose, too, and painful headaches also caused the obese to "miss more days of family life, social activities or work than either the overweight or people of normal weight," Bigal added. The duration of headache remained similar across the different weight categories.

Based on their findings, the researchers believe excess weight gain may be a strong risk factor for headache.

Not everyone agrees, however.

"I'm just wondering if the cart isn't before the horse here," said Dr. Seymour Diamond, executive chairman of the National Headache Foundation.

"Remember, these are people with chronic headache, who are probably more or less incapacitated by their headache," he said. "Naturally, they are not going to be doing exercise, and probably they're eating a lot, too. So, I think the obesity may be secondary to their chronic headache problem."

Bigal called that argument "reasonable," but added that what scientists know about obesity suggests it may help trigger attacks.

He pointed out that headaches, both migraine and non-migraine, are all linked to constrictions in blood vessels, often caused by inflammation.

"We know obesity per se is a cause of inflammation and is a risk factor for vascular diseases," he said. Headache is also characterized by "an inflammation of the blood vessels, so what we think is that obesity creates this pro-inflammatory state, so then you'll have more attacks."

He said his research does have some good news for the overweight and obese plagued by headache. In a second study, also to be presented at the Miami Beach conference, Bigal's team compared the treatment outcomes of 170 migraine patients.

"Our hypothesis was that it would be more difficult to treat obese migraine sufferers, but it wasn't. They responded just as well with therapy as the normal-weight patients," he said. "So it's important to deliver the message that, yes, if you're obese you will have worse headaches, but it's still possible to treat you."

Of course, the findings also suggest that one of the best ways of avoiding chronic headache may be to stay slim.

"Exercise per se improves headache, we know that," Bigal said. "Headache sufferers should watch their weight."

Healthy eating, smart decision

What you eat can have a dramatic effect on the way your brain operates. This morning my seventeen year old daughter Chloe returned home from a night 'partying' – I won't go into the wisdom of allowing to do this but I was under the impression she would be staying the night at a girlfriend's house.

I had just returned from my early morning run with my dog when she swung up the drive and jumped out of her car. Amazed at her apparent energy having apparently had no sleep I made a comment. She replied "Yeah I feel great. I've had a form of party pill. It's completely safe, called 'Nounces' (or something that sounded like that). It's just a pill with five times the caffeine in a coffee!"

It scares me that teens are doing this and it would appear to open the door to the abuse of stronger substances in the future.

There are people all around us who don't seem to be able to start work without a coffee – or even to survive three hours without one.

Each year at Club Physical we run the 12 week Transformation Challenge programme, as we have since creating the programme in 1991. The hundreds who complete the 'Challenge' have the chance to win a variety of prizes, dependant on their results. At judging time we can have up to one hundred completed entry forms along with their before and after photos and essays, spread across the floor.

One of the things that immediately become apparent is the fact that *before* the programme, 60-70% of participants don't have breakfast. This results in low blood sugar and a lack of

energy, usually peaking between one and three in the afternoon.

I tell our clients what I have learned many times at nutrition seminars; that breakfast is the most important meal of the day. A popular quote reads;


- Breakfast like a KING
- Lunch like a prince
- Dinner like a pauper

Eating food in the manner that will supply you with ENERGY throughout the day makes a huge impact on the way you 'think' and feel.

Choosing to eat fatty foods for many years of your life can eventually affect your brain in the form of arteriosclerosis. Martin Ebon, author of the book 'Which vitamins do you need?' says "When arteriosclerosis hits the brain, as most of us have observed in elderly people, it causes a number of subtle changes. These can run gamut from forgetfulness to serious disorientation. These systems are known together as 'chronic brain syndrome'.

Dr Joel Wallach ND in his book 'Rare Earths' talks extensively how most humans have nutritional deficiencies, particularly in minerals leading to a variety of diseases. Take 'zinc' for example. Wallach's studies have revealed that a deficiency in zinc can lead to depression, paranoia and even anorexia and bulimia! This might sound a bit extreme, that is until you read his book and discover that this highly respected researcher has completed autopsies on over 10,000 zoo animals and 2,000 humans in order to come to these conclusions.

Wallach even examines the lives of famous mass murderers like Jack the Ripper. Incredibly it's believed that some of the



shocking actions he and others took may have been kindled by nutritional deficiencies.

Of real interest is the fact that anorexia and bulimia could be at least partly due to nutritional deficiencies. Up until now it was thought that these were caused totally by unrealistic expectations, social pressures and people reaching for quick fix solutions to body fat reduction.

The moral of the story is to eat your breakfast and enjoy abundant fruit, vegetables, yoghurt, grains, pastas, salads, fish, not too much meat, and a good quality daily multivitamin – with minerals!

To keep the brain healthy:

Stay fit. Physical activity boosts the blood supply to the brain, and that keeps brain cells well nourished.

Edgerly recommends taking a walk, swimming, yoga or anything that's physically active three to five days a week. Spend about 30 minutes a day on such activities if you can, but a study suggested that even a 15-minute daily walk could reduce the risk of Alzheimer's.

"My guess is that we're going to discover that we should be exercising most days of the week," said Michael Zigmond, a Parkinson's researcher at the University of Pittsburgh.

He and other experts say workouts that involve a mental challenge might be better for the brain than those that are routine. So learning a series of complex dance moves might be better than zoning out while riding a stationary bike; a 2005 study found that older men and women who learned to tango got measurable improvements in balance and memory, skills that might help compensate for early signs of a brain disease.

· Challenge your mind. The mental decline that goes along with old age can be traced to altered connections between brain cells, Edgerly says. But stimulating leisure activities can help keep those connections strong. Activities such as playing chess or card games such as poker, going to the theater, reading a book or learning how to play a musical instrument might help keep older brain cells agile and less vulnerable to damage, she says.

'Eat a healthful diet, one loaded with colorful fruits and vegetables'

· Eat a healthful diet, one loaded with colorful fruits and vegetables. Neurodegenerative diseases such as Alzheimer's and Parkinson's are tied to damage done by free radicals, highly reactive molecules that are byproducts of metabolism, says James Joseph, a researcher at Tufts University. Fruits and vegetables contain antioxidants, powerful substances that combat free radical damage and might help protect the brain, he says.

His studies of diets rich in such foods show that older rats get a boost in the ability to remember and stay balanced. He says humans might get the same benefit and recommends adding blueberries, strawberries, spinach and other colorful fruits and vegetables to a whole-grain diet that includes low-fat dairy foods and very little junk or fast food fare.

Healthy eating, exercise key to keeping brain fit, say scientists

Club Physical member's news 14.9.05

9/8/2005- Regular exercise and a diet rich in antioxidants and omega-3s may help the elderly stave off memory loss, said Irish scientists yesterday.

Over the last decade, it has become clear that just as changes in diet and exercise will improve physical fitness, the 'ageing' brain also benefits from simple changes in environment and lifestyle.

And as people live longer, protecting against the decline in mental function is becoming increasingly important, Professor Ian Robertson, director of the Institute of Neuroscience at Trinity College Dublin, told those attending the British Association for the Advancement of Science meeting in Dublin.

"The biggest threat to being able to function well and properly is our brains," he told journalists.

"There is very strong evidence, particularly in the over-50s, that the degree to which you maintain your mental faculties depends on a handful of quite simple environmental factors," added Professor Robertson.

Aerobic fitness is one of the best ways of boosting activity and structure of brain cells, he said, citing a training programme that showed over 60s had an improved mental ability after only four months, while people who continued such a programme for three years avoided the drop in mental sharpness experienced by people not exercising.

Avoiding high stress levels and continuing a rich, social life are also important, as is healthy diet, said Professor Robertson, citing the role of antioxidants in protecting the brain from ageing.

A fellow Trinity professor, Marina Lynch, further emphasized the role of the diet, pointing to new research into fish oils.

A Scottish study published last year found that cognitive function at age 64 was better in a subgroup of persons who received a fish oil supplement compared with a subgroup which received no supplement.

"Studies have identified the anti-inflammatory properties as well as the restorative qualities of omega-3," she said.

Lynch said the biggest surprise of the latest discovery was that omega-3 appeared not only to replace anti-inflammatories that dwindle with age but also to stem a corresponding rise in chemicals that cause the cell inflammation in the first place.

"These effects seem to cobble together to restore the ability of people to maintain memory as they grow older," added Professor Lynch.

The proportion of the population aged 65 and over has been increasing rapidly in recent decades. In 2000 16 per cent of the population was over 65; it is estimated that this will increase to 24.89 per cent by 2050.

Other health benefits

The far reaching health benefits YOU will receive when you undertake a consistent regime of exercising – most days of the week can be numerous. I will attempt to show you this with the following reports.

Fitness Level Predicts Stroke

(Ivanhoe Newswire) -- Lack of physical activity is a major public health concern. Poor fitness and low cardio respiratory levels have been connected to heart disease and hypertension. Now a new study finds low cardio respiratory fitness is also a risk factor for stroke.

Cardio respiratory fitness level is measured by the maximum oxygen consumption during physical activity. Investigators from the Research Institute of Public Health and the Kuopio Research Institute of Exercise Medicine in Finland conducted the current study focusing on fitness level and the risk of stroke in men.

The research included more than 2,000 men who had not suffered a stroke as of the start of the study. The participants had their fitness level determined by having their maximum oxygen level measured during exercise. The men were followed for 11 years. During this time, 110 of the men suffered a stroke.

Researchers report the unfit men were more likely to suffer a stroke than the fit men. They also found after adjusting for other risk factors such as smoking, alcohol consumption, diabetes, cholesterol levels and blood pressure levels the association between cardio fitness level and stroke still existed. In fact, researchers say low cardio respiratory fitness was as comparable a risk factor for stroke as high blood pressure, obesity and smoking.

Study authors conclude a low cardio respiratory fitness level puts a person at increased risk for a stroke. In fact, since the study found a low fitness level to be one of strongest predictors of a person suffering a stroke, researchers feel it should be used in the evaluation of a person's risk for a future stroke.

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

SOURCE: Archives of Internal Medicine, 2003;163:1682-1688

Regular exercise can save you from Parkinson's

A research of the Harvard School of Public Health (HSPH) says that men who have exercised regularly in their adult life run lesser risk of developing Parkinson's disease compared to men who did not.

Parkinson's disease is a nervous disease generally afflicting people in their fifties. It kills the brain cells that produce. It is marked by muscular tremor, slowing of movement, rigidity and postural instability.

The study published in the February 22, 2005 issue of the journal Neurology claims, men who were the most physically active at the start of the study slashed their risk of developing Parkinson's disease by 50 percent compared to those who did not. Also men who regularly engaged themselves in rigorous physical activity in early adult life slashed the risk for the disease by 60 percent compared to those who did not.

While with women in the study, strenuous activity in the early adult years also meant lower risk of Parkinson's. However there was no defined relationship between physical activity later in life and Parkinson's risk.

"These are intriguing and promising findings that suggest that physical activity may contribute to the prevention of Parkinson's. A protective effect of physical activity has been recently found in an animal model of Parkinson's disease.

Future studies should also address the possibility that physical activity slows the progression of Parkinson's.", said Alberto Ascherio, senior author and associate professor of nutrition and epidemiology at the Harvard School of Public Health. (ANI)

About 48,000 men and 77,000 women participants (free of Parkinson's disease, cancer or stroke) involved in the study completed comprehensive questionnaires on disease, lifestyle practices and physical and leisure time activities beginning in 1986 and were updated every two years through 2000. During the course of the study, 387 cases of Parkinson's disease (252 men and 135 women) were diagnosed among the study participants.

Exercise Your Brain and Body to Improve Memory

Club Physical Member's News January 06
By Megan Rauscher 1 hour, 33 minutes ago

NEW YORK (Reuters Health) - Memory exercises and stress reduction coupled with a healthy diet and regular physical exercise improves memory in older adults, a study shows.

This four-component lifestyle program "not only improved memory but also improved brain efficiency in just two short weeks," study chief Dr. Gary Small from the University of California, Los Angeles told Reuters Health. "Initially, we were skeptical that we could have an impact in such a brief period of time but we were pleasantly surprised because the volunteers who followed the lifestyle program not only noticed better memory ability but when we tested them with objective tests we found that there was significant improvement in memory," he said.

In the 14-day study, 34 adults with normal memory were randomly assigned to no behavior modification or to a

memory improvement plan that entailed the following:

Eating five small healthy meals per day rich in omega-3 fats from fish and olive oil, healthy whole grain carbohydrates and antioxidants. Eating five small meals instead of three larger meals prevents dips in blood sugar, the primary energy source for the brain.

Taking daily brisk walks and physical conditioning to help brain circulation, which has been found to reduce the risk of Alzheimer's disease?


Performing stretching and relaxation exercises, which curb the body's production of the stress hormone cortisol. Cortisol can impair memory by shrinking the brain's memory centers.

Memory training -- brainteasers, crossword puzzles and basic memory exercises improve everyday memory skills. "The memory techniques that we taught people were probably the most important component," Small said.

Right before and right after the study, each subject underwent positron emission tomography or "PET" scans to measure activity throughout the brain.

After the 14-day study, PET scans showed that adults who followed the memory improvement plan recorded a marked decrease in brain metabolism in an area of the brain directly linked to working memory and other cognitive functions, suggesting that they were using their brains more efficiently.

"It was interesting that people had better memory and they used up less brain power," Small said. "It's similar to a physical fitness model -- you go the gym, you work out, lift some weights and you are sore, but after a few weeks of training you can lift heavier weights and you use less energy to do it," he explained.



Subjects in the study ranged from 35 to 70 years of age -- on average they were 53 years old. "We know from past studies that subtle evidence of brain aging can be seen on PET scans even in people in their 30s," Small noted, "so it's something that starts relatively early in life." He believes it's "probably never too late or too early to get started on a healthy lifestyle to improve your brain health."

Dr. Small details the memory improvement plan used in this study in his book called *The Memory Prescription*. He presented results of the current study this week during the American College of Neuropsychopharmacology's annual meeting in Hawaii.

In addition to building strength, exercise benefits mental health

By E.J. Mundell
HEALTH DAY

What if one therapy could help ward off addiction, depression, stress and even Alzheimer's, all the while keeping you slim and feeling great?

That mental-health "treatment" is as close as your own two feet - exercise.

"Exercise improves blood flow to the brain, it helps the body detoxify, it puts you on a better cycle of physical behavior, and it leads to decreased stress. It also improves thinking and mental function and decreases your tendency toward addiction," said Dr. Marc Siegel, an internist at New York University Medical Center and an associate professor of medicine at the NYU School of Medicine in New York City.

With each new study, experts are getting a better

understanding of the intimate connection between health of the body and that of the mind. And exercise - the body's key method of staying healthy - appears to be crucial to mental health, too.

Exercise in middle age cuts Alzheimer's risk: study

By Patricia Reaney

LONDON (Reuters) - Exercising in middle age not only keeps the weight down and the heart healthy but can also cut the risk of suffering from Alzheimer's disease, particularly in high risk people, Swedish researchers said on Monday.

Scientists at the Karolinska Institute in Sweden found that people in mid-life who exercised at least twice a week had about a 60 percent lower risk of suffering from dementia than more sedentary people.

"This is the first study to show this long-term relation between physical activity and dementia later in life," Dr Miia Kivipelto, of the Aging Research Center at the institute, said in an interview.

The biggest impact was in people who had a genetic susceptibility to dementia, according to the study published in *The Lancet Neurology* journal.

"It seems that physical activity had an even more pronounced effect among those with the susceptibility gene apoe4, the most important risk factor for Alzheimer's disease and dementia," Kivipelto added.

Alzheimer's is the leading cause of dementia in the elderly. It affects an estimated 12 million people around the globe. There is no cure for the progressive illness that robs people of their memory and mental ability but drug treatments may slow



the early progression of the disorder.

Kivipelto and her team studied the mental health of nearly 1,500 people between the ages of 65-79 whose leisure activities had been monitored every five years from 1972 to 1987.

After re-examining the data in 1998 they discovered the active group, which did a physical activity that caused sweating and strained breathing, were less likely to suffer from Alzheimer's.

"We found that people who were active during mid-life and had leisure activities at least two times per week had a much lower risk for dementia, especially Alzheimer's disease," she explained.

Walking and cycling were the most common forms of exercise in the study. The researchers found no link between the amount of exercise and the degree of reduced risk.

They do not know exactly how exercise decreases dementia risk. But they suspect it could be due to a direct effect on the brain and its messaging system and also by improving blood flow to the brain.

"It may promote brain plasticity by a direct effect on the brain," Kivipelto added.

Beat Alzheimer's With Exercise, Published online: 2 December 2005; Study shows how exertion keeps brain cells healthy in mice. Charlotte Schubert

Running could keep the brain as well as the body healthy.

Exercise helps to flush a toxic molecule from the brain and causes a beneficial one to move in and protect nerve cells, research on mice shows. The discovery might help to explain why staying fit and keeping mentally active seem to fend off Alzheimer's disease in humans.

"Our experiments support the idea that exercise is a good approach to all types of problems in the brain and that a sedentary lifestyle is a risk factor," says Ignacio Torres-Aleman, who led the study at the Cajal Institute in Madrid.

Torres-Aleman and his colleagues were intrigued by previous studies showing that exercise slows mental decline in mice engineered to mimic Alzheimer's disease. They set out to discover the reason.

They found that exercise doubled the levels of a protein that helps to flush molecules thought to underlie Alzheimer's disease out of the mice's brains and into their blood. The protein, called megalin, ejects a potentially destructive protein called amyloid-beta. In Alzheimer's patients, amyloid-beta accumulates in clumps throughout the brain.

"Our experiments support the idea that exercise is a good approach to all types of problems in the brain," said Ignacio Torres-Aleman of the Cajal Institute in Madrid.

Megalyn also binds to a beneficial molecule in the blood, called insulin-like growth factor, and transports it to the brain. This growth factor is perhaps best known for bulking up muscles after exercise, but it also helps to keep nerve cells healthy.

Brain boost

To reveal the tricks of megalin, the researchers manipulated levels of the protein in the brain of mice with Alzheimer's-like disease. Artificially boosting megalin partly improved mental performance, as measured in a maze test.

Levels of megalin decline with age in normal mice. The researchers suggest that this hints at a molecular link between ageing and neurodegenerative disease.

The findings appear in the *Journal of Neuroscience*. But whether they will hold true remains to be seen. Paul Adlard, a neuroscientist at the University of California, Irvine, has looked at the brains of mice in a different model of Alzheimer's disease. His data, although only preliminary, suggest that exercise does not boost levels of the protective insulin-like growth factor.

Adlard says that the findings of Torres-Aleman and his colleagues are "tantalizing", but that more study is needed.

Bright future

Others are more optimistic. "It's a new idea," says Mark Mattson, a researcher at the National Institute on Aging in Baltimore, Maryland. The findings, he says, open the door to developing drugs that could boost levels of the megalin shuttle and help keep the brain healthy.

"It's initial data but I think it has potential to be very relevant to people," he adds.

Mattson notes that the link between exercise and brain health is still not certain in humans, although the evidence is mounting up. Other research has found that staying mentally agile or

even maintaining a slim physique may help to protect against Alzheimer's and other brain disorders.

Beat Alzheimer's With Exercise. Published online: 2 December 2005; Study shows how exertion keeps brain cells healthy in mice. Charlotte Schubert
1. Carro E., et al. *The Journal of Neuroscience*, 25. 10884 - 10893 (2005)

Exercise May Prevent Changes in the Brain Associated with Alzheimer's

By Steven Reinberg, HealthDay Reporter
TUESDAY, April 26 (HealthDayNews)

-- Exercise may prevent damaging changes in the brain that are associated with Alzheimer's, thereby lowering the risk of developing the disease, a new study involving mice suggests.

Exercise also seemed to increase the rate of learning among mice bred to have Alzheimer's-like symptoms, the scientists said. In the study, researchers showed that long-term physical exercise decreased the level of plaque-forming beta-amyloid protein particles, which are characteristic of Alzheimer's.

The findings appear in the April 27 issue of *The Journal of Neuroscience*.

"This is the first study to show that exercise is sufficient to decrease the number of plaques in the brain as well as increase the rate of learning," said lead researcher Paul A. Adlard, a post-doctorate fellow at the University of California, Irvine.

Adlard and his colleagues worked with mice especially bred with the human gene that produces the beta-amyloid protein.



"The mice are similar to Alzheimer's disease patients," he said.

When the mice were about four to six weeks old, they were placed in cages with or without exercise wheels. Those that had the wheels were allowed to exercise for either one month or five months, anytime they wanted. Those without wheels were considered sedentary subjects.

Periodically, the animals' ability to learn was tested by placing them in a water maze. The animals that exercised mastered the maze faster, the researchers report. Mice that used the running wheels for five months took less time to learn the maze than mice that didn't exercise. This finding may mean that exercise can help to offset learning and cognitive problems suffered by Alzheimer's patients, the researchers said.

After five months, Adlard's team also examined tissues from the brains of mice that had exercised. "These mice had almost 50 percent fewer plaques than mice that did not exercise," he said.

Why exercise has this effect remains a mystery, Adlard said. "However, the exciting thing about this is it is giving scientific credence to a lot of anecdotal evidence," he noted. "This study demonstrates that a small change in lifestyle does have a scientific basis for perhaps being able to prevent Alzheimer's disease."

Adlard added, however, that it is not yet clear how this animal study might translate to humans. The amount of exercise needed for people to achieve the same benefits is unknown. Another unknown -- how early in life exercise should be started, he said.

Dr. David A. Bennett, director of the Rush Alzheimer's Disease Center in Chicago, called the findings "fascinating."

Bennett said he is doing studies with more than 1,000 healthy people to see how lifestyle affects the development of Alzheimer's. "The people in the study have agreed to brain donation, so after they die, we can measure amyloid deposits," he said.

Bennett hopes to find that lifestyle changes can reduce a person's risk of Alzheimer's. "There is clearly something to these lifestyle changes," he said. "The question is whether or not it's affecting disease pathology itself."

While lifestyle changes may prevent Alzheimer's, it's doubtful they can help Alzheimer's patients, Bennett said. "For example, cigarette smoking increases your risk for lung cancer, but once you have lung cancer, cigarette smoking really doesn't have much effect," he added.

However, new hope for those with Alzheimer's comes from research results just reported in the April 24 online issue of the journal *Nature Medicine*.

The study results suggest that gene therapy could slow the progression of Alzheimer's by stopping brain cells from dying.

Of the seven surviving patients who had a protein known as nerve growth factor implanted into their brains in 2001 and 2002, tests suggested the procedures may have slowed their mental decline by 36 percent to 51 percent. In addition, PET scans revealed that some of the patients' brains were using more glucose, a possible sign of increased mental activity.

"Our hope is that these findings mean people can remain more functional in their home setting for a longer period of time and have an improved quality of life," said Dr. Mark Tuszynski, a professor of neurosciences at the University of California, San Diego, and co-author of the study.

Sample weekly regime

Adhering to a weekly exercise routine will not only provide you with the numerous benefits of good health, it will give you a foundation of stability, one that will mentally satisfy you each day. I sincerely advise YOU to exercise in some form EVERY DAY of the week. Here, I'll aim to give you a simple programme that you should be able to stick to.

The gym is particularly useful given the variety of equipment and classes you can attend, rain, hail or shine – and for the important social contact. It's an ideal setting given that everyone is in the same boat, exercising for self improvement. Even if you don't strike up a conversation with the person beside you, the mere fact that they are beside you becomes an encouragement to spur you on.

If you are the type of person who thrives when encouraged I would strongly urge you to attend the GROUPX classes. There you have a highly skilled 'Presenter' right in front of you to motivate and drive you toward improved fitness. Or if you prefer a quieter more one-on-one approach there are Private Trainers who can become your personal coach for just a few dollars weekly.

Here's a sample routine you could begin with..

Monday

Attend a 55 minute cardio class, if at Club Physical I suggest Kick or step.

Tuesday

Cardio workout: Cross-trainer for 10 minutes

Resistance workout:

- Leg press – 2 x 12 repetitions
- Leg extension – 1 x 12 reps
- Leg curl – 1 x 12 reps
- Incline Bench press – 1 x 12 reps
- Lat Pulldown – 1 x 12 reps
- Pec Dec – 1 x 12 reps
- Seated row – 1 x 12 reps
- Seated shoulder press – 1 x 12 reps
- Tricep pressdown – 1 x 12 reps
- Curl machine – 1 x 12 reps
- Tummy tucks – 1 x 12 reps
- Crunches – 1 x 12 reps
- Stretch 3-5 minutes

Wednesday

Take a 60 minute fast walk or a 30 minute jog around the neighbourhood, either early morning or after work.



Thursday

Repeat the entire gym routine you did on Tuesday. Add the next weight up as soon as the exercise is easily completed.

Friday

Attend a Pilates or YOGA class.

Saturday

Do a class of any type at the gym, or a 20-30 minute session in the cardio gym on the treadmill and seated Lifecycle.

Sunday

Attend a church – this may be the thing you need to give you inner peace and support. For those whom love to be convinced by science, TIME Magazine published a study about four years ago showing how regular church goers actually *do* live longer!

In fact, become a vegetarian like the Seventh Day Adventists and extend your life by seven years!

'In saying this, my current belief is that we do need a minor amount of red meat to help complete our vitamin and mineral balance'.

Afterwards go for a walk on the beach with your family and your dog or a good friend.

Plan for the week ahead so that you know with certainty that your daily workouts will be covered. These are now a non-negotiable part of your life!

As they say in advertising.....

Act today – this offer won't last long!