

# Jeni's Health & Fitness Tips

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Hi Everyone!

It's never too late to think about adopting a healthier lifestyle. Evidence shows that many major causes of death: cancer, heart disease, lung disease and injury can be prevented by improving personal health habits. Small changes can make a big difference to your health. Good nutrition, keeping physically active and not smoking are a few examples of good habits that can help you stay healthy.

Good nutrition is essential for optimal health. Try and eat more than the minimum recommended quantities of fruit and vegetables (2&5 serves a day). The best diet for you depends on the kind and amount of physical activity you do. An active person will need more carbohydrates (found in fruits and whole grains). Everyone should avoid saturated fat and hydrogenated vegetable fats. A high fat diet increases your risk of heart disease, breast and colon cancer, and gallbladder disease. Large quantities of salt should also be avoided as sodium can elevate blood pressure.

If you are overweight, a high fibre, low-fat diet and regular exercise can help you lose weight and keep it off. Carrying too much weight increases your risk of high blood pressure, high cholesterol, diabetes, heart disease, stroke, some cancers, gallbladder disease and arthritis.

Exercise also helps prevent conditions such as heart disease, high blood pressure, diabetes, obesity, osteoporosis, depression, some cancers, stroke and back injury. Try to exercise for 30-60 minutes 6 times a week. Try to include aerobic exercise as well as strength training and stretching.

Smoking is one of the most dangerous things you can do. Smoking related diseases cause one out of every 6 deaths in the United States. More preventable illnesses are caused by tobacco than anything else. Giving up is not easy but there is lots of help available from the NSW Health Department. You can call the Quitline on 131 848. They offer counseling and support to help you quit. NSW Health advise that the health benefits of quitting start within two hours of giving up!

Prevention is better than cure, so make sure you get regular check ups such as Pap smears. Adults over 50 years should enquire about being screened for colorectal cancer. Men over 50 should discuss with their doctor the benefits of being screened for prostate cancer.

If you do have a disease or condition that prevents you from participating fully in life, try not to dwell on this. The more you focus on something, the more it grows. Try focusing instead on what you can do. Participate in as much activity as you possibly can and take time out to visualize yourself being as healthy as possible. See yourself participating in any activities you wish such as travel and sport. The mind is very powerful and our attitude to life makes a big difference. As a trainer I can work around any restrictions you may have.

If you can make it in October 6<sup>th</sup>-8<sup>th</sup>, you can experience a wonderful sample of a healthy lifestyle at my next health retreat. It is open to everyone. For details, go to the website and click on "Retreats".

Stay healthy,

*Jeni*

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