

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

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April 2010

## SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE SEVEN HABITS OF FIT AND HEALTHY PEOPLE

When it comes to health, our objective is to keep the major body systems in good nick, from the individual cells to all the other systems that support their normal, healthy function - including the mind, nervous, immune, endocrine, elimination (including various mechanisms), cardio-vascular, respiratory, digestive, reproductive, dermal and musculo-skeletal systems. Keeping these systems in good condition depends on how well we apply the **seven habits of fit and healthy people**.

Aerobic Fitness	Strength	Flexibility	Diet	Life Stress	Work Stress	Meditation
Keep yourself aerobically fit. <ul style="list-style-type: none"> <li>• 'Cool down' over-stimulated sympathetic nervous system.</li> <li>• Stimulate elimination.</li> <li>• Get more oxygen into the body.</li> </ul>	Keep yourself strong. <ul style="list-style-type: none"> <li>• Support and stabilize musculo-skeletal system.</li> </ul>	Keep yourself flexible. <ul style="list-style-type: none"> <li>• Keep bones in alignment.</li> </ul>	Eat from the top of the Hourglass. <ul style="list-style-type: none"> <li>• Drink water</li> <li>• Balance fat, protein, and CHO intake.</li> <li>• Maintain energy balance</li> <li>• Supply essential               <ul style="list-style-type: none"> <li>- vitamins</li> <li>- minerals</li> <li>- fatty acids</li> <li>- glycoproteins</li> <li>- nutraceuticals</li> </ul> </li> <li>• Include fibre</li> <li>• Restrict intake of junk, and chemicals.</li> </ul>	Manage the stress of your life. <ul style="list-style-type: none"> <li>• Personal power in relation to your Self and your               <ul style="list-style-type: none"> <li>- thinking</li> <li>- understanding of how the world works.</li> <li>- family</li> <li>- health and fitness</li> <li>- finances</li> <li>- other people.</li> </ul> </li> <li>• Distract yourself from being busy and miserable.</li> </ul>	Manage the stress of your work. <ul style="list-style-type: none"> <li>• Personal power in relation to your work.</li> <li>• Being in the right job.</li> <li>• Being able to manage work-place change.</li> <li>• Success at managing up, out and down.</li> </ul>	Meditate <ul style="list-style-type: none"> <li>• 'Warm up' para-sympathetic nervous system.</li> <li>• Reduce tension.</li> <li>• Relax muscles.</li> <li>• Dilate blood vessels.</li> <li>• Clear the mind.</li> <li>• Get more oxygen into the body.</li> <li>• Achieve peace of mind.</li> <li>• Sleep better.</li> </ul>

#### HEALTH MANAGEMENT - 80:20

Health is more than the absence of disease.

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

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

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

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

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

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

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

# SEVEN HABITS OF FIT AND HEALTHY PEOPLE

## 1. KEEP YOURSELF AEROBICALLY FIT

There are three principal components of fitness

- aerobic fitness
- strength
- flexibility.

### AEROBIC FITNESS

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

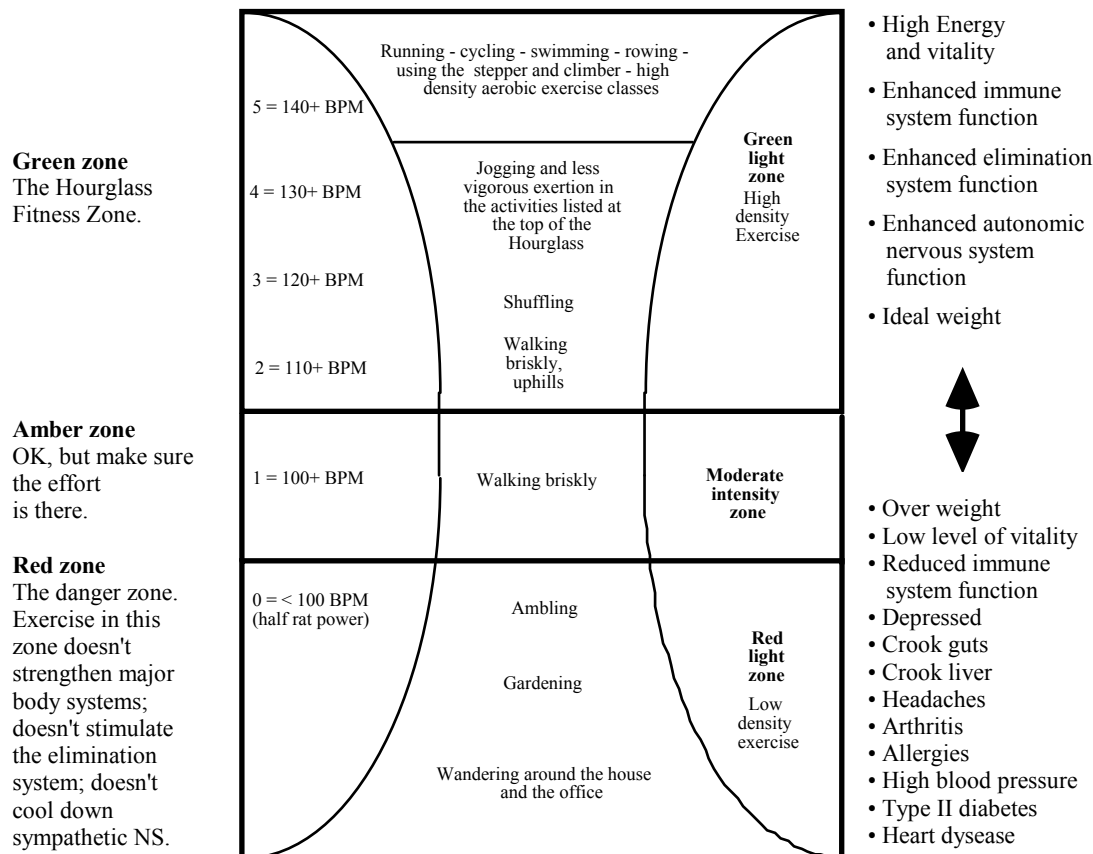
Only 10 to 15 percent of people over the age of 30 years participate in sufficiently vigorous activity (of the huff and puff variety) each week to maintain reasonable level and reap the benefits of aerobic fitness.

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

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

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

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



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### INSPIRED AND MOTIVATED TO BE FIT AND HEALTHY

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

## **SEVEN HABITS OF FIT AND HEALTHY PEOPLE**

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

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

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

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

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

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

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

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

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

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

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

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

### **THE BENEFITS OF BEING PHYSICALLY ACTIVE**

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

#### **Feel better**

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

#### **Stimulate the elimination system**

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

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

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

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### **Overcome insulin resistance**

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

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

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

### **Strengthen the immune system**

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

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

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

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

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

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

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

### **Clears the respiratory tract**

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

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

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

### **Stimulates the bowel**

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

### **Fewer headaches**

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

### **Reduction in body fat**

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

### **Ease musculo-skeletal dysfunction**

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

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

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

### **More energy**

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

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

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

### **Increased libido**

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

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

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

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### **Sleep better**

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

### **Discipline**

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

### **Distraction**

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

### **Looking after your *Self***

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

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

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

### **Eat less**

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

### **Social**

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

### **Introspection**

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

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

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

We've reached the point where the body that was designed to chop wood, draw water and climb trees can no longer push a pen or tap a keyboard without becoming dysfunctional.

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

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

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

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

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

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

#### 'S' shape, or 'C' shape

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

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

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

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

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

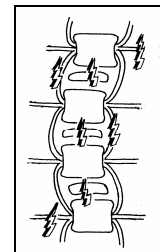
#### The cause

The epidemic of musculo-skeletal dysfunction is caused principally by

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

#### Principles of musculo-skeletal dysfunction

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



## 4. EAT FROM THE TOP OF THE HOURGLASS

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

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

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

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

### EAT AND GROW THIN

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

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

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

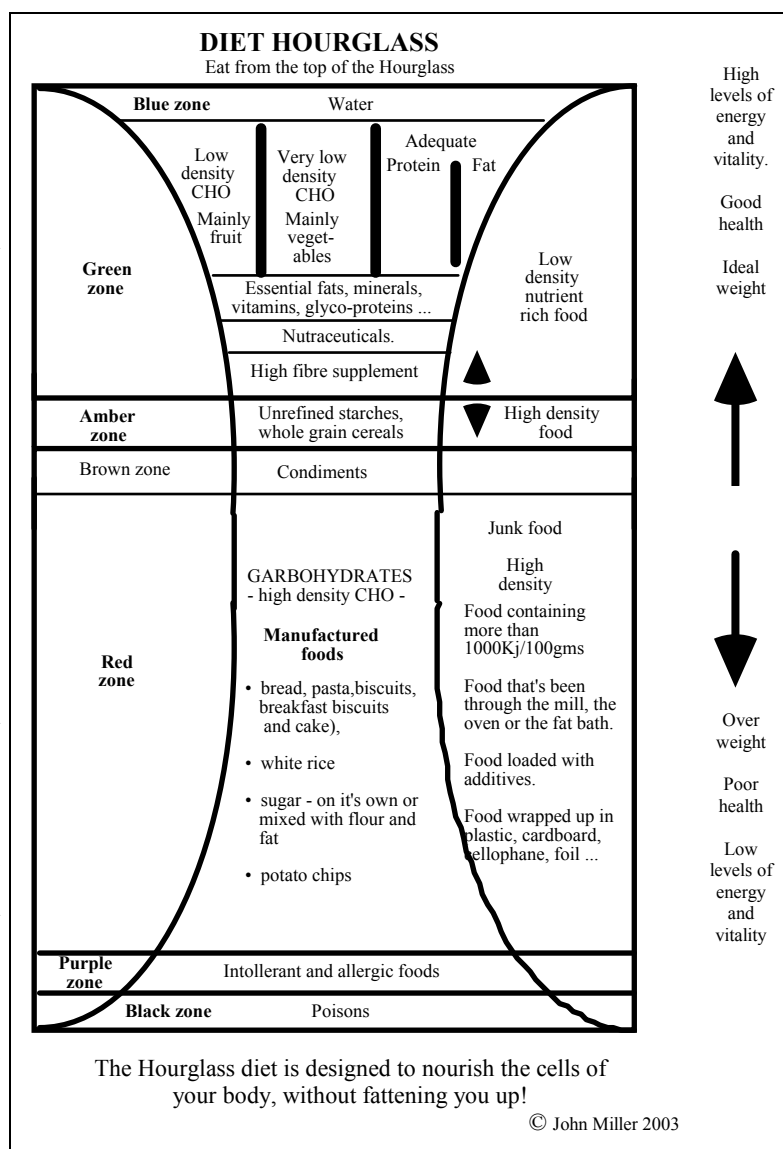
If you eat from the **green zone** at the top of the Hourglass there is a good chance you will start to lose fat, particularly if you have a high density exercise program. By shifting the position of the dark lines you can choose whether to lose fat or gain it.

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

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

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

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



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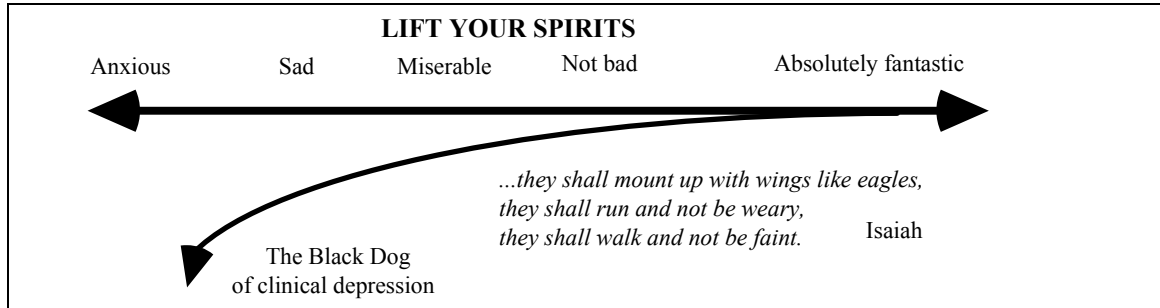
### 13 FOOD GROUPS - in an affluent society

<b>Blue Zone</b> 1. Water	The body needs plenty of water to function properly. They say that 8 - 10 glasses of water a day is wonderfully supportive of good body system function.
<b>Green zone</b> 2. Vegetables 3. Low density CHO 4. Protein 5. Fat 6. Essential vitamins, minerals, fatty acids, glycoproteins ... 7. Nutraceuticals 8. High fibre supplement	<b>This is nourishing, ideal weight food. Eat plenty</b> Very low density CHO - <b>less than 150kj/100gms</b> - mainly vegetables. Low density CHO. Fruit and a few vegetables, <b>less than 300Kj/100gms</b> . The body needs and adequate amount of protein. Protein is a medium density food, being <b>less than 1000 kj/100gms</b> . Eat fat in moderation. The body needs fat - in fact about 20% of your dietary intake needs to be in the form of fat. It's an essential nutrient. Our bodies are craving the essential nutrients, many of which are not obtained in sufficient quantity from the garbohydrate diet. 'Octane boosters' - ginkgo, echinacea, ginseng, hullo Vera, ginger ... Psyllium husk, raw oat bran, flax seed ... keeps things moving on the inside.
<b>Amber zone</b> 9. Unrefined cereals	<b>Unrefined, cereals - high density CHO</b> - Circa 1500Kj/100gms. - Brown rice, oats, cracked wheat, millet, barley ... High fibre
<b>Brown Zone</b> 10. Condiments	<b>Condiments - mayonnaise, gravy, milk, tomato sauce.</b>
<b>Red zone - Junk</b> 11. Garbohydrates - high density, refined starch CHO <ul style="list-style-type: none"> <li>• Flour</li> <li>• Sugar</li> <li>• Flour and sugar</li> <li>• Fat and flour</li> <li>• Fat and sugar</li> <li>• Fat, sugar and flourh</li> <li>• Protein and sugar</li> <li>• Protein and starch</li> <li>• Protein, starch and fat</li> <li>• Protein, fat, starch and sugar</li> </ul>	<b>High density, junk garbohydrates, convenience and diet-sabotage food. Principally white flour and sugar, (plus the ubiquitous chips) on their own or mixed with fat and protein.</b> Particularly the white flour based foods - bread, pasta, and breakfast biscuits. High density, refined sugar on its own, in junk drinks, lollies ... <i>Breakfast Biscuit Diet.</i> Some contain 30% sugar, before you put the sugar on top! <i>Fill Em Up Quick Diet.</i> Pizza, chips, dry biscuits, bread and butter ... <i>William Bunter Diet.</i> Ice-cream, chocolate, fudge ... <i>The Afternoon Tea Diet.</i> Cake, biscuits, pastries; bread with butter and jam! <i>The Diet Hoax Diet.</i> It's hard to lose weight eating products with 50% raw sugar. <i>The Meat and Potatoes Diet.</i> <i>The Western Multi-cultural Diet.</i> Deep fried fish <i>and</i> chips. Hamburger <i>and</i> chips. Deep fried chicken <i>and</i> chips. Hot dog <i>and</i> chips. <i>The All-American Diet.</i> A rissole, chicken or fish with chips, junk drink and a chocolate, keeping in mind though that the rissole will be vindicated.
<b>Purple zone</b> 12. Intolerant foods	<b>Intolerant and Allergic Foods - for some people and not others</b> Milk, grains, especially wheat, vegetables from the deadly nightshade family (tomatoes, potatoes, capsicum, chili ...), sulphides, amines and salicylates, chocolate, peanuts, prawns, alcohol, preservatives, flavourings, colourings, emulsifiers, surfactants ...
<b>Black zone</b> 13. Poisons	<b>Poisons</b> Environmental chemicals (pesticides, petrol ...), domestic chemicals (cleaning agents), personal care items (shampoos, deodorants, cosmetics ...), sugar, food preservatives, and artificial sweeteners, mixed with nicotine, paracetamol, dope, prescription medicines, ..., and washed down with alcohol and caffeine.

## 5. MANAGE THE STRESS OF YOUR LIFE

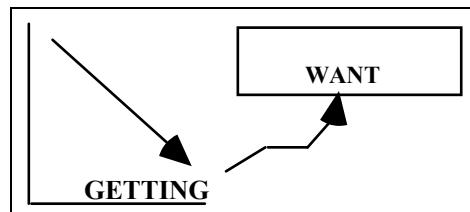
### DEFINITION OF STRESS

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



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

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



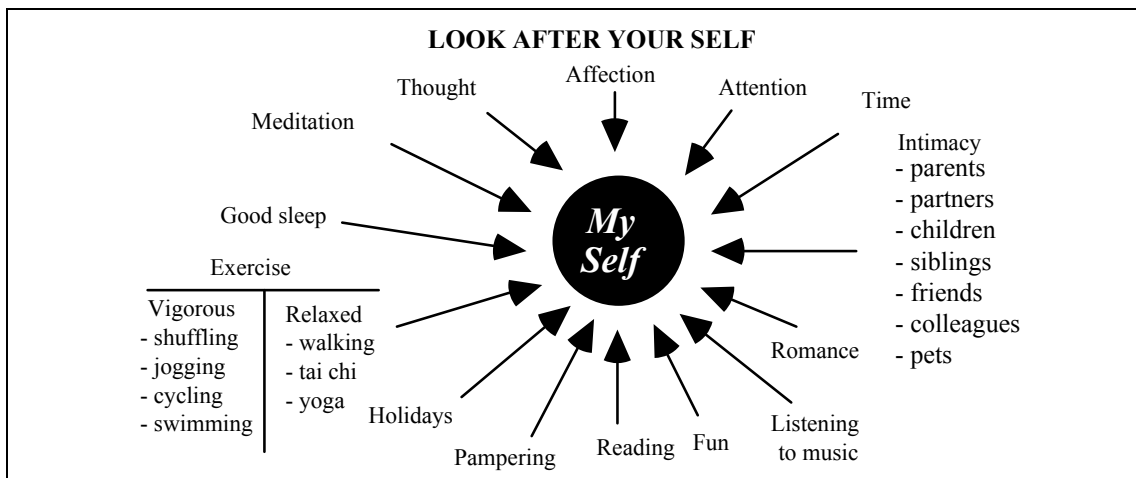
If you experience these symptoms, sit back for a moment and think, "What do I need to do to fix up the cause of my stress?" Of course, for many people, the great stress of life comes from not knowing what they want and having to put up with what they're getting. Stress is the distance between potential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

We feel distressed when

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

### GIVE BACK TO YOUR *Self*

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

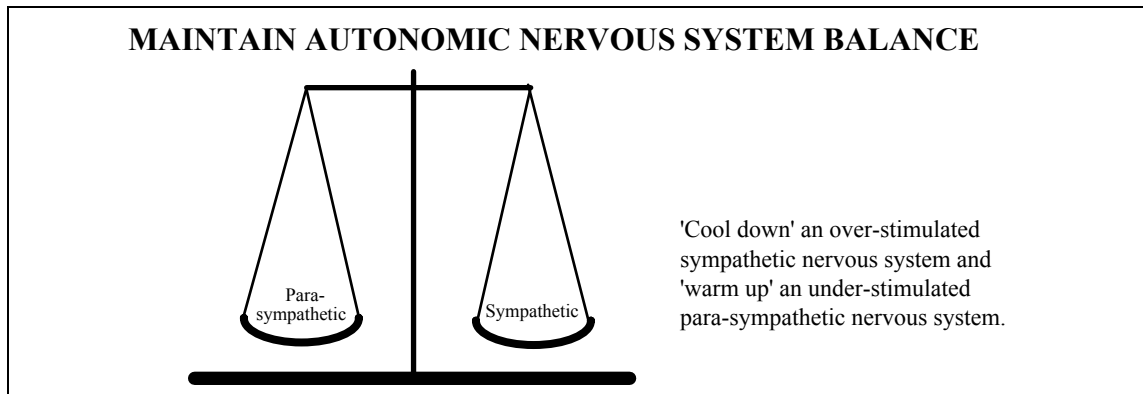


# SEVEN HABITS OF FIT AND HEALTHY PEOPLE

## THE AUTONOMIC NERVOUS SYSTEM

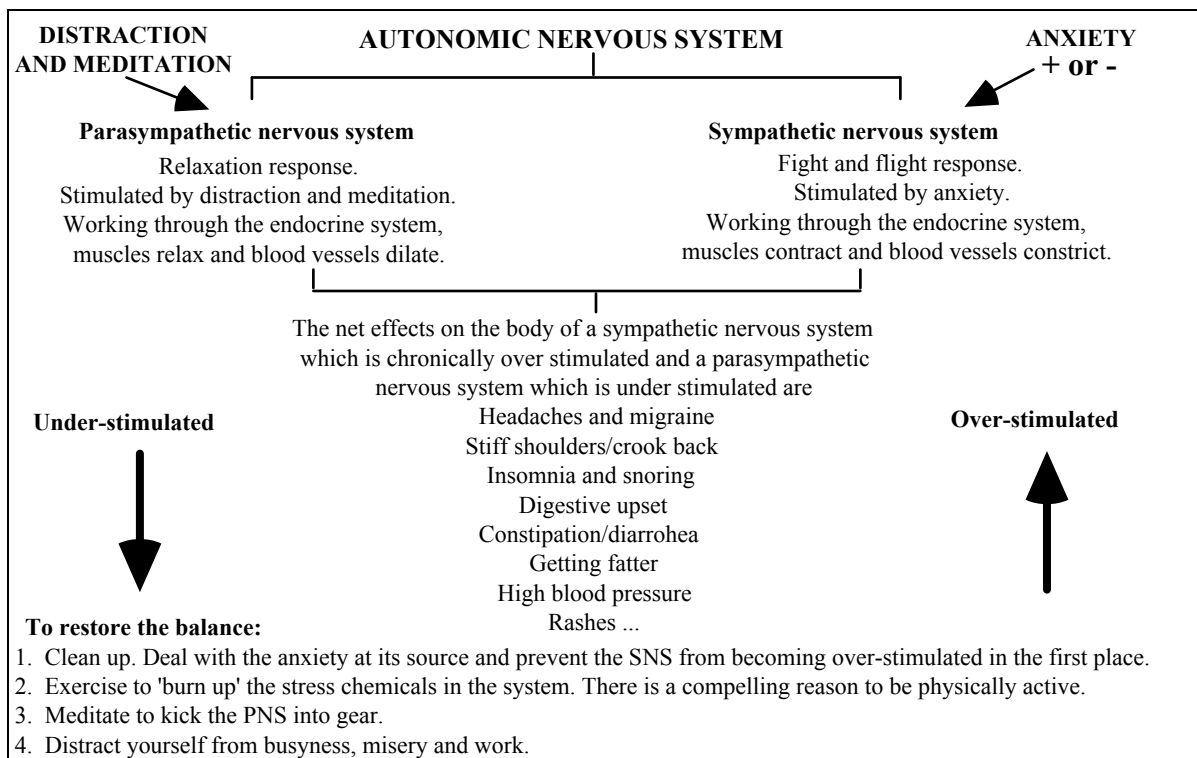
The autonomic nervous system runs sub-consciously the essential processes of your body like digestion and respiration, all of it under unconscious control. You don't have to worry about your heart rate, when to take the next breath, what's happening to your breakfast, it's all automatically controlled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

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



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

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



## SEVEN HABITS OF FIT AND HEALTHY PEOPLE

### THE STRESS CYCLE

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

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

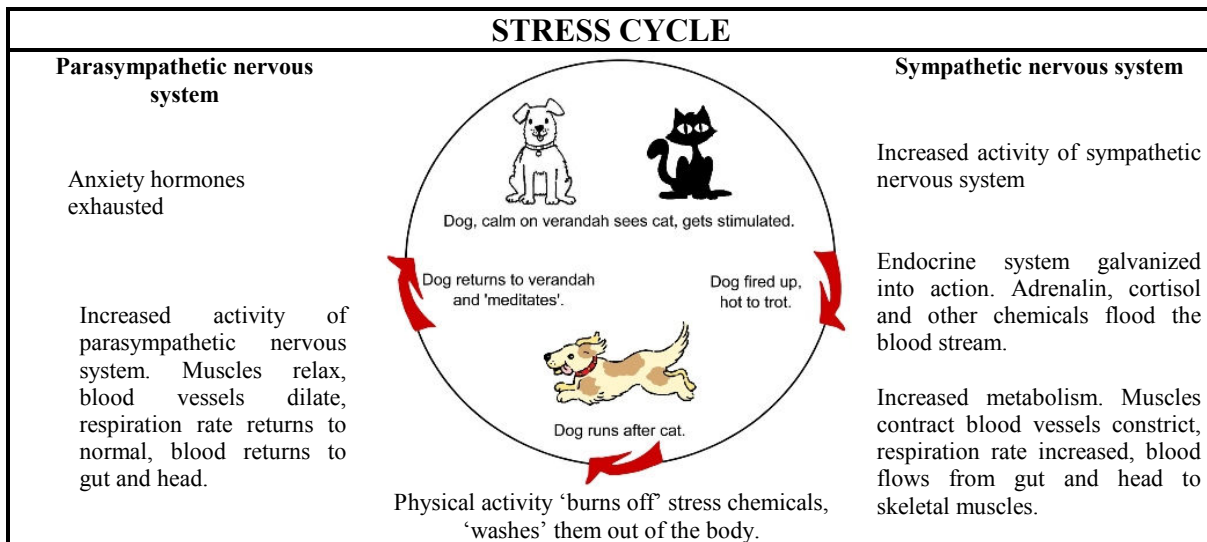
In the modern world, we get excited more often by nervous stress than wild beasts. And with chronic stress, every minute, hour, day, week, month, year and decade see us gradually getting more and more stressed. This is why blood pressure creeps up slowly over the years, particularly for busy people.

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

### ARE DOGS SMARTER THAN HUMANS?

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

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



The physiological mechanisms that the body uses to tell us we're stressed, (headaches, tight muscles, insomnia, fat gain, elevated blood pressure ...) are the **background noise** that accompanies stress. It is not normal. It is a warning that you can choose to listen to or ignore.

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

John Dryden

### 6. CAREER SATISFACTION

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

#### PERSONALITY

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

You may have completed a personality test – like Myers Briggs or 16PF. If you haven't and you'd like to, go to [www.assessment.com](http://www.assessment.com) or [www.tickle.com](http://www.tickle.com).

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

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

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

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

#### INTELLIGENCE STRENGTHS

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

There are any number of different intelligences

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

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

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

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

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

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

So find a job that suits your intelligence strengths.

# SEVEN HABITS OF FIT AND HEALTHY PEOPLE

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## BEYOND INCOME

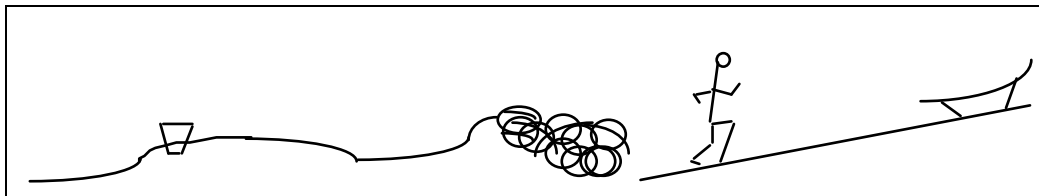
Work provides us with more than just the income to support body and life. If

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

## TURBULENCE

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

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



## ORGANISATION LIFE CYCLE

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

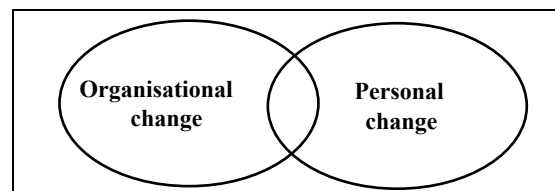
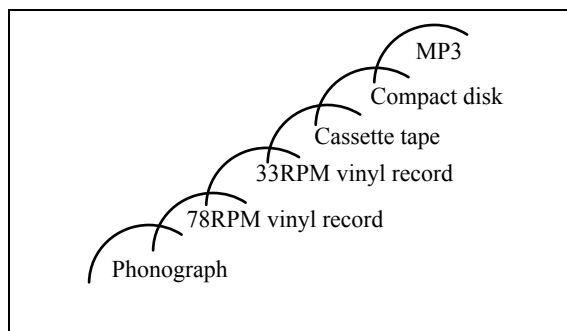
You need to be aware of the life cycle of the organisation you're working for. Is it on the way up, is it stable or on the way down?

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

## CHANGE

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

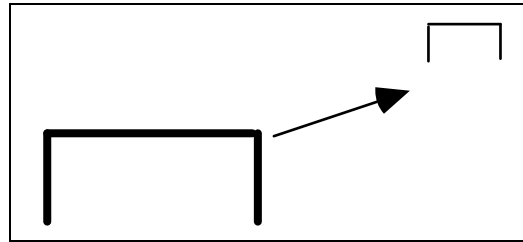
It is difficult to fit into an organisation that's changing if you're not changing.



# SEVEN HABITS OF FIT AND HEALTHY PEOPLE

## WHERE IS YOUR ORGANISATION GOING

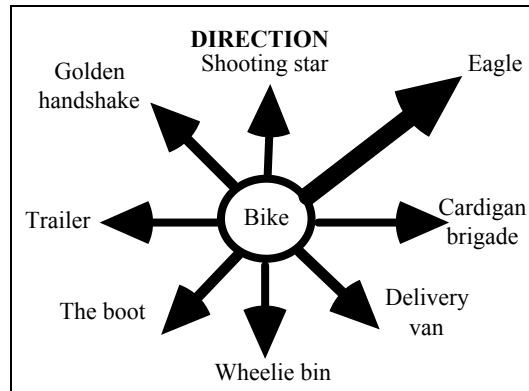
Organisations have goals which shift and change character. If you're not aware that change is taking place, or you're not keeping up with the times, you can get left behind. You'll end up stressed out of your brain.



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

## WHICH WAY IS YOUR CAREER GOING?

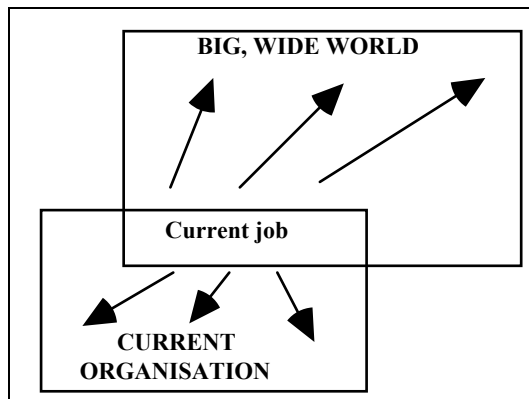
You've got any number of choices to make about your career. Which way is it going at the moment?



## CAREER OR JOB?

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

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

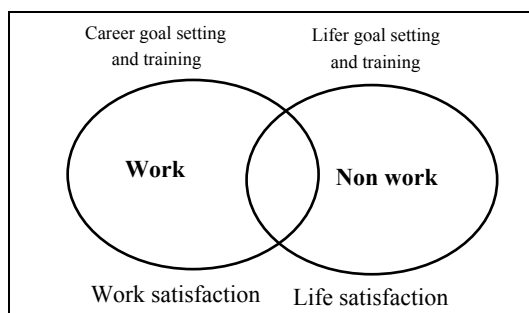


## BALANCING THE WORK / NON-WORK EQUATION

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

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

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



## MORALE

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

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

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

# 7. MEDITATION

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

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

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

### Meditation and stress management

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

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

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

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

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

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

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

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

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

### DISTRACT YOURSELF

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

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

If you can't find time to

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

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

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### SLEEP

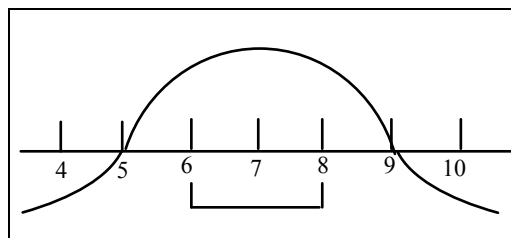
Sleep is one of the first casualties of stress. You can't get to sleep, you wake up in the middle of the night and you wake up tired in the morning.

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

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

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

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



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

#### 1. Clean up anxiety

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

#### 2. Physical activity

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

#### 3. Muscular relaxation

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

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

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

#### 4. Lay off the grog

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

#### 5. Focus your thinking

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

#### 6. Lay off the caffeine

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

#### 7. Reduce your fluid intake

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

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

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

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

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

#### 10. Take a holiday

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

## SEVEN HABITS OF FIT AND HEALTHY PEOPLE

# HEALTH, FITNESS AND WELLBEING PROFILE

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

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

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

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

TOTAL

\* Make an estimate of your level of fitness. You can confirm your estimate by measuring your fitness using the 5 minute 20 metre run. As a guide if you get less than 24 laps score 10. 32 laps scores 5. More than 40 laps scores 0.

**GUNNADO**

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

<b>FITNESS</b>	<b>DIET</b>
<b>SELF</b>	<b>FAMILY</b>
<b>FRIENDS</b>	<b>CAREER</b>
<b>FINANCES</b>	<b>OTHER</b>

## NOTES

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

