

DAY 20

Hi All,

From yesterday's e-mail I want to address points 5,6,7,9,10 and 11 all in one go. If you look again at those points it is about making permanent lifestyle change and exercise to maintain muscle mass. There are many other health benefits.

Professor Terry Dwyer has recently published research which proves walking will decrease your risk of dying. People who increase their steps from 1000 to 10,000 per day had 46% less mortality risk. (Thank you Ross Jones for bringing this to my attention!!) I guess the question is would you prefer to walk or die?

I will never forget being asked a question. An old lady falls over and breaks her hip, while in hospital she picks up a case of pneumonia and dies, what did she die from? The answer is a lack of muscle mass and balance. Another memory is etched into my mind and that is visiting a 100yr old friend of the family Mrs Louie. She lived by herself in a two story house, tended her own garden and walked over 2 km every day to the shops and back. She moved into a retirement home at 104!!

It is nice to have rapid weight loss results, but the key to long term health and vitality is making those daily changes that add up to so much over time. Today I want to talk about some exercise that we can fit into our daily routine without having to go to the gym. Obviously the gym and personal trainers have their place to fast track and gain specific results, but let's just look at some basics for general health.

Why not do some push ups, squats, lunges, pull ups and sit ups every day. Well some people just said I can't do those things and I agree you can't do the fully blown original version of them but why not a modified version.

Let's try push ups -1 Against a wall and gradually moving feet further away (Try just a few and slowly increase it day by day- maybe start with just 5 today)

-2 On a table, side of bed or chair

-3 On your knees

-4 Normal or on your feet

Bottom line is if you don't use it you lose it so let's make a daily effort to exercise a bit more.

What about squats-1 Between 2 chairs and use your arms as support

-2 Back against a fit ball on the wall

-3 Normal body weight

Lunges can be done like squats

Pull ups might just start with you using your legs and gradually taking more and more weight on your arms

Sit ups might be as simple as tightening your stomach muscles while sitting or laying down in bed and holding for a count of 5 or 10. Then progress to lifting your knees up while on your back in bed and sliding your hands up thighs to knees. It might even be holding a push up position on your hands or elbows and feel your stomach muscles working.

It might even be possible to use your towel while drying yourself after a shower as an exercise. Try pulling one arm against the other while drying your back. Why not make up some other exercises in the bathroom?

There are lots of exercise options like taking the stairs and parking further away from the shops, even walking up the escalator. Do some arm curls with the shopping. Carry the shopping instead of using a trolley.

One thing is for sure the daily habits we create in this area will dictate our future ability to get around freely and exercise easily. I am sure no-one wants to have to hire a wheelchair at the shops but if we are not heading towards fitness ***we are by default one step closer to the wheelchair.***

Jamie