

Quiz

1. Please rank these in order of importance: Work, Family, God, Money, Health, Sex, Friends
2. Do you do a 'sweat' exercise at least 30 minutes every other day? If not, why?
3. What are the four major focus areas of physical exercise (not parts of the body)?
4. What apparently harmless activity that we do for hours each day that will shorten your life more years than smoking?
5. What do all successful people have in common (and it is not intelligence)?
6. Balance test: stand up and extend one leg so foot is at least 1 ft above the ground for 15 seconds

(Answers on last slide)

Outline

1. Exercise
 2. Diet
 3. Sleep
 4. Stress & Mental Fitness
 5. Medical & Dental
- Interrupt me at any time with questions
 - PowerPoint will be made available

General Proviso's

- I am not an expert/nut in health or fitness but visiting you from the future
- Pay me now or pay me later
- Do what is age/sex appropriate
- Do what is condition appropriate
- Do what works for you
 - Structured (gym) vs. loner (home)
 - Early Bird vs. Late Bloomer

If you don't use it you lose it

- Muscle mass
- Range of movement
- Brain functions

Flexibility decreases in the following order:

- Oxygen
- Sleep
- Water
- Exercise
- Stress
- Food



Exercise



How I Exercise through Adventure & Sports

OUTDOORS

- Camping/Hiking
- Survival Camping
- Bow & Arrow Hunting
- Mountain Climbing
- Cave Exploring

WATER

- Snorkeling/Diving
- Life-Saver (Red Cross)
- Canoeing/Kayaking
- Sailing

“TRANSPORT”

- Roller-Skating
- Ice-Skating
- Motorcycling
- Snowmobiling
- Snow & Water Skiing
- Piloting
- Sky-Diving

SPORTS

- Baseball
- Basketball
- Track
- Ultimate Frisbee
- Karate
- Rifle Shooting (Skeet)

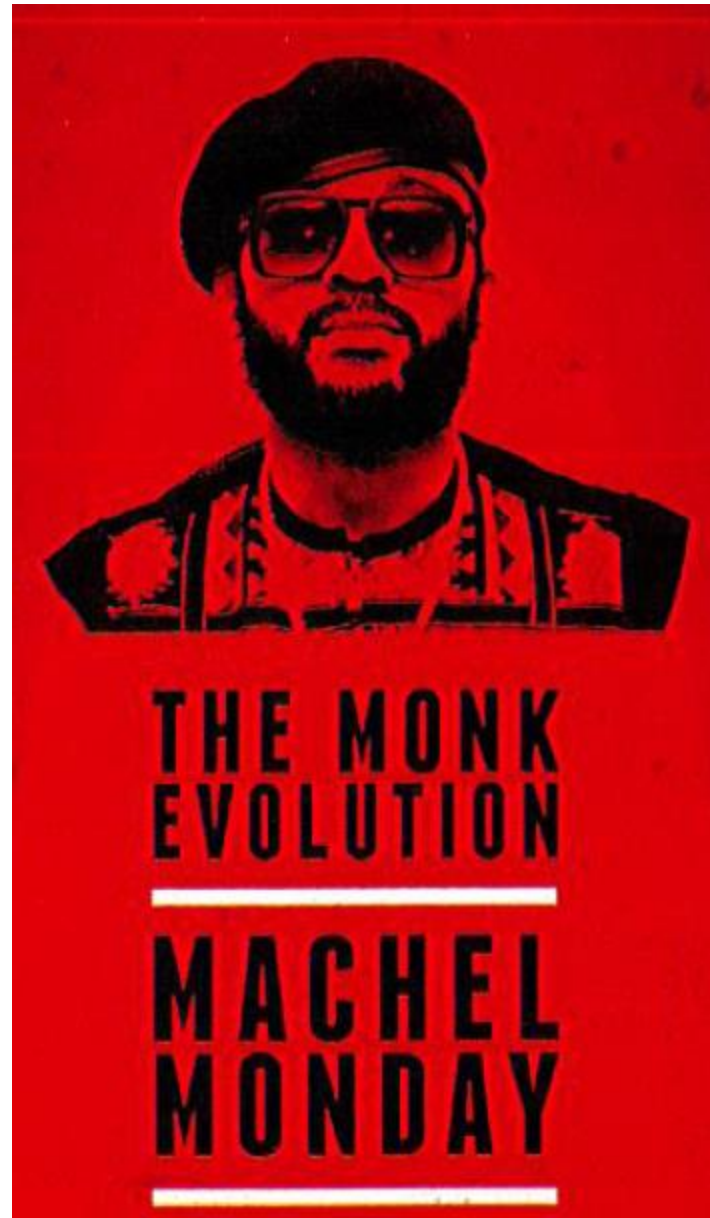
US Army **Green Berets** (not Navy Seals!)



- Paid for doing my hobbies!
- Missions – behind enemy lines
- Selection process
- Teamwork = 15 man team
- Internalize fitness



Wanna Be...



Components of Physical Fitness

The body needs certain capacities--being healthy is not just the absence of disease—you can't say you're FIT unless you have:

1. Strength (Muscular Power)
2. Endurance (Cardio Respiratory or Aerobic Fitness)
Breathing & heart rate to move oxygen from heart to muscles
3. Flexibility (Range of Movement)
4. Balance & Agility

US Government's Official Guidelines - Adults

- Recommends 150 minutes of moderate aerobic activity per week (for example, half an hour five days a week)
- OR 75 minutes of vigorous activity, or a mix of the two.
- 2 – 3 strength training sessions per week (allow at least 48 hours between these muscle-building workouts to give your body time to recover)
- Whether you are doing aerobic exercise or strength training, start each exercise session with a 5 to 10-minute warm-up.
- Stretching is also essential at the end of a session to work out muscle kinks and improve range of motion and balance.

My (cheap) Home Gym

1. Chin up bar
2. Skip rope
3. Suspension Trainer
4. Hand weights
5. Mat



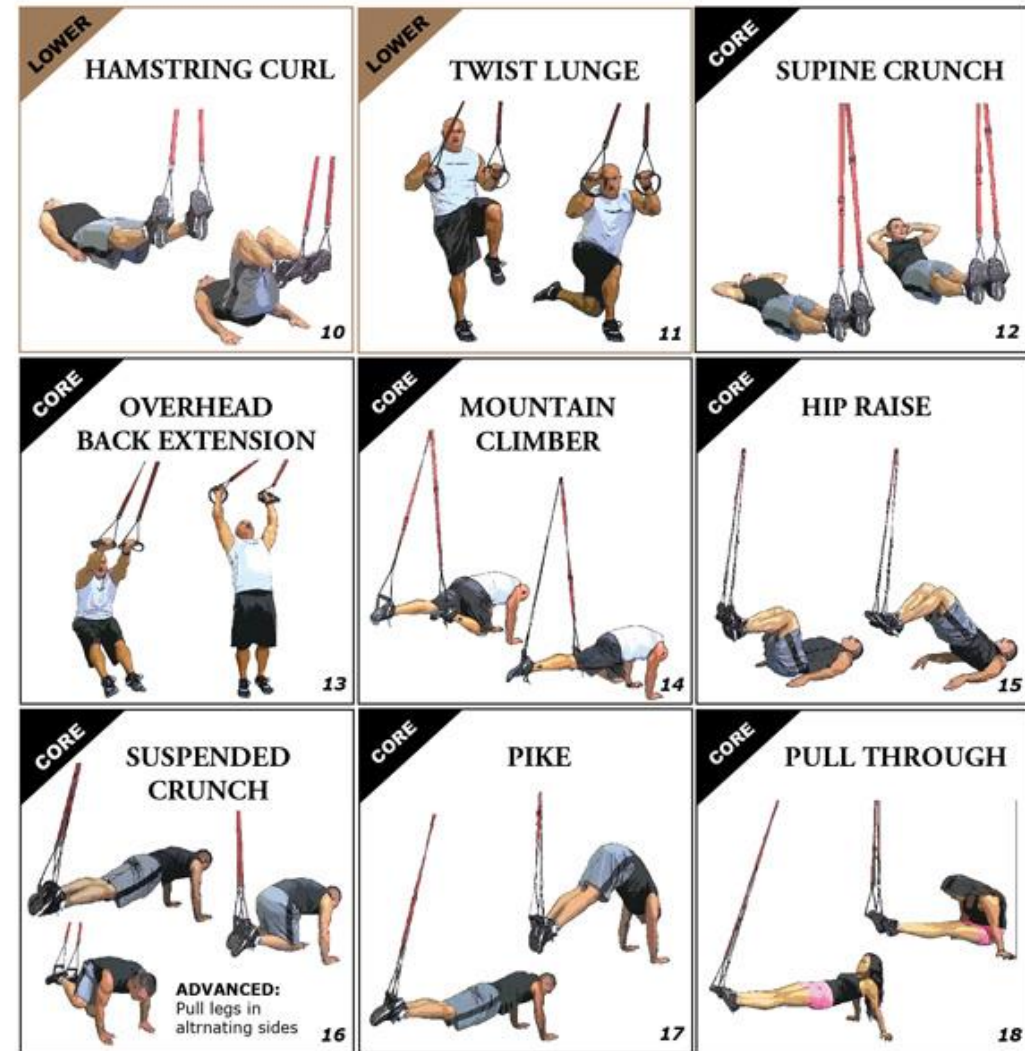
Skipping Rope

- Low cost (compared to running machines)
- Can be done indoors
- Don't need a partner
- Can watch TV news, etc.
- Splits body weight equally on two feet (less impact than running)
- Good for balance
- Takes up little space (can travel)
- Increase workout by: duration or speed

Suspension Trainer Exercises

- No sets of weights or benches taking up a lot of room
- Much less expensive
- Harder to hurt yourself
- Can be done anywhere

Getting out of the house...



This program assumes you are healthy. Consult your physician before beginning this or any exercise program. Before use always inspect your suspension trainer for worn or damaged parts, use a strong, secure anchor point that can hold three times your body weight, and make sure the exercise surface is flat and not slippery. Failure to follow these guidelines may result in injury. The user assumes the risk of injury and all liability resulting from the misuse of the WOSS Trainer.

Other ways I exercise...

ULTIMATE FRISBEE



HASHING

‘Their drinking is compulsive
Their running is convulsive,
They're morally repulsive,
They're the [POS Hash House Harriers.](#)’

Roller Skating



Carib Brewery Crew - 1989

FRIDAY JUNE 9, 1995 27

DUCE NICE

THE top four finishers in the marathon

Mr. Skates, an ever-present sight at Carnival

An amazed (and worried) MAZA glances to his left as roller skater JOHN GIDEON (377) powers past him in Champs Fleurs

Down goes "Symphony Of" ring
ord-

attering win

Pictures by MAX OTTLEY

Bike: Killer or Saviour?

Why don't police give bikers
breathalyser tests?

Is the bike a "death machine" or...?

To drive a car you only need...

Mental and situational awareness

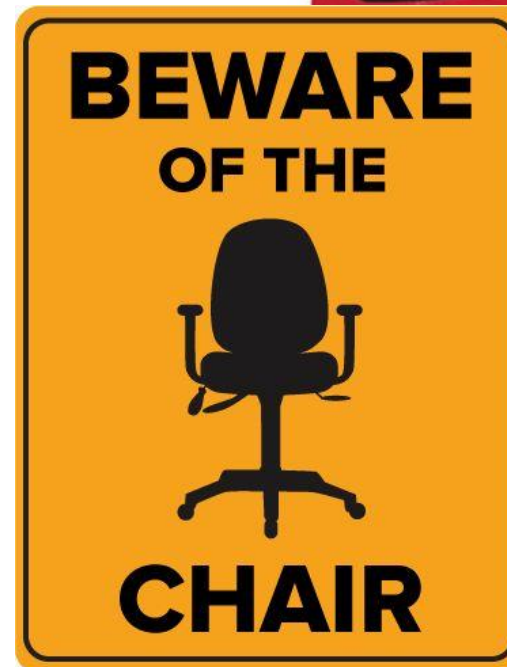
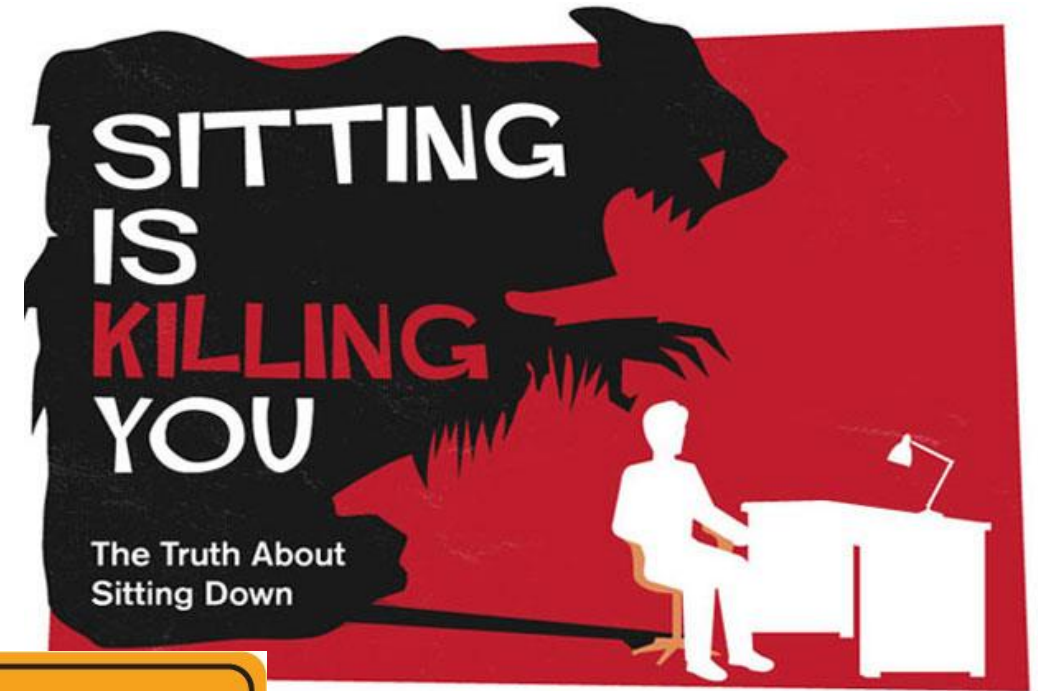
Did I mention [balance](#)?



Evolutionary Design

- We were designed 200,000 years ago for a nomadic existence where we are almost constantly in motion to survive
- “We have created a civilization that we are not designed to live in.”
- Today's sedentary existence is killing us...
 - More and more conveniences
 - Sitting
 - Lack of exercise
 - Over eating
 - Lack of mental stimulation (passive TV watching)

10,000 Steps per Day



Even if you are in the gym daily!

Article link:
[Sitting is the new smoking](#)

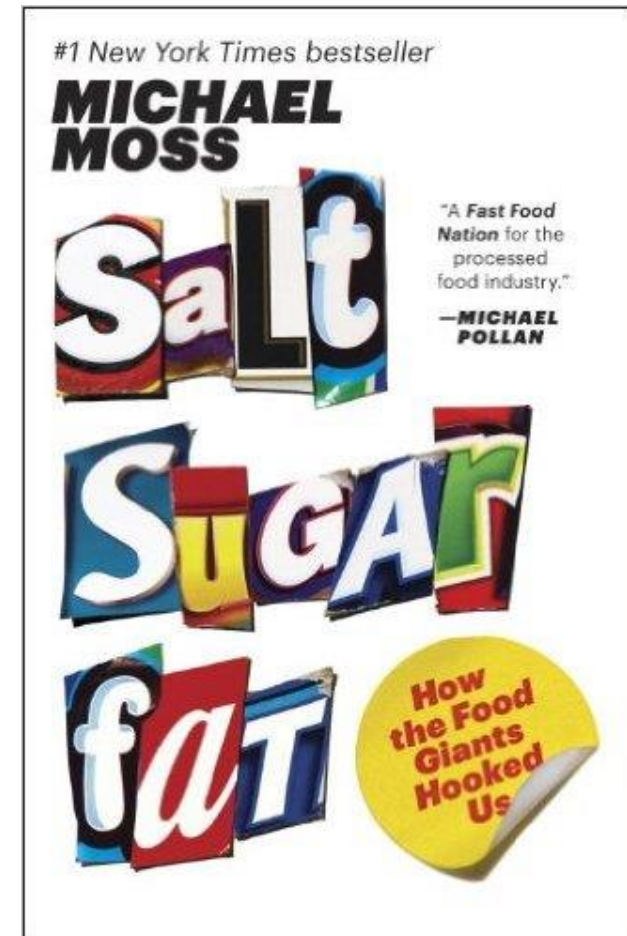
Diet

**Better Belly Bus'
than
Good Food Was'e**

Trini Diet

- Starch centered diet high in carbohydrates (good for cutting cane)
 - Rice
 - Bread
 - Macaroni Pie
- Salt – Sugar – Fat
- Alcohol
- Salad is a side dish, not a meal, and not filling

SUBWAY
eat fresh.™



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS

WHOLE GRAINS

HEALTHY PROTEIN



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Diets don't work (roller coaster)...

Remodel eating habits

Don't skip breakfast

If it is not in your house you can't eat it.

Supplements & Medication

- All ages – Multiple vitamin
- Age appropriate
- As advised by your doctor
- Avoid herbal fads
- Ladies: Forget about “Slim Tea”



Correct Weight?

- You don't need charts (sex, height, age, frame size) to determine ideal weight...
- Belly is first-on last-off for fat
- When your stomach is flat then you are there
- I weigh every Monday morning, if I am at or below my target weight, I make no changes in diet, but cut back if I am above
- Pilot training rule: don't get too far off course before you make corrections

Processed Meats can kill you

- The World Health Organisation has classified processed meats – including ham, salami, sausages and hot dogs – as a **class 1 carcinogen**
- Red meat, such as beef, lamb and pork has been classified as a 'probable' cause of cancer.
- There is not enough evidence to draw any conclusions on eating poultry and the risk of cancer. However, eating [fish](#) may help to reduce the risk of bowel, breast and prostate cancer.



Food high in Purines can cause Gout

Foods to limit (very high in purines):

- Organ meats, such as [liver](#), [kidneys](#), and brains
- Meats, including bacon, beef, pork, lamb and game meats
- Any other meats in large amounts
- Tuna, anchovies, sardines, herring, mackerel, and scallops
- Gravy
- Beer

“Meats are a treat—not a staple.”

Sleep



All my Accidents...

Had nothing
to do with
alcohol

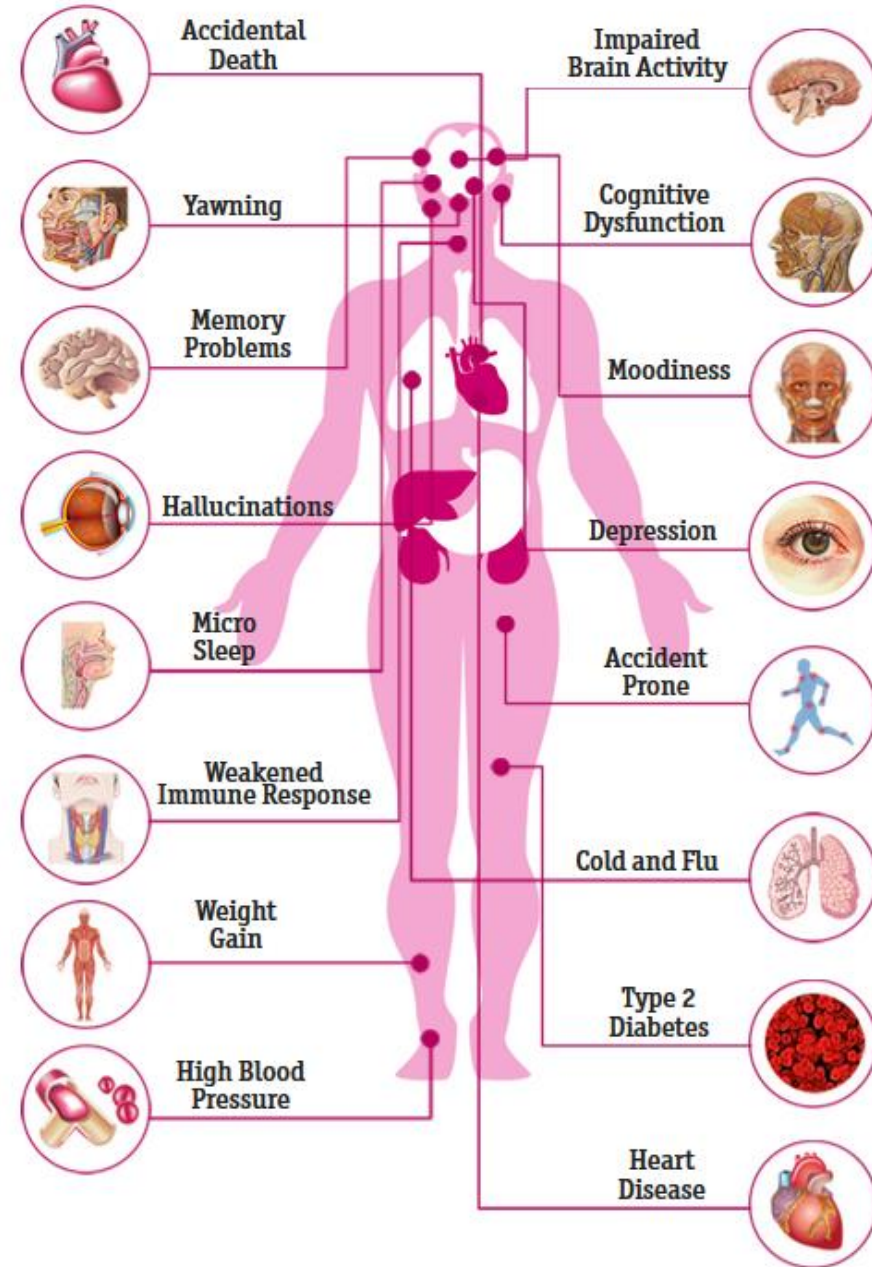


Sleep loss disorders

Sleep Diary:

<http://healthysleep.med.harvard.edu/file/19>

Don't mess with your sleep...it is a false economy.



My Sleep Diary

Please begin to complete the Sleep Diary on a daily basis. It will provide a tracking of your sleep schedule that you can use to improve your sleep. You should complete this diary each morning after the previous night's sleep. Do not use it during the night or keep it in your bedroom. Use it only as a guideline and spend no more than 30 seconds filling it out in the morning.

DAY (Date)	NAPS (Duration)	BEDTIME	TIME TAKEN TO FALL ASLEEP	NUMBER OF AWAKENINGS	DURATION OF AWAKENINGS	FINAL WAKE TIME	OUT OF BED TIME	TIME SPENT ASLEEP (Hours)	NEXT- DAY ALERTNESS (1-10) 10 = most alert
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									

Stress & Mental Fitness



Drinking

"Drink because you are happy, but never because you are miserable."
-- G.K. Chesterton

- The old definition of alcoholism was one who drinks a certain amount
- Now it involves three impacts..."Does it interfere with my..."
 - Health
 - Work, or
 - Relationships?"

Stress becomes embodied

“When these stresses reach the level of overload (i.e. where the body is no longer able to adapt constructively) and the body is unable to release it, the tension becomes 'locked' into the physical structures – the muscles, tendons, ligaments or other tissues remain tight and constricted, i.e., the muscles tighten protectively over the area of stress, causing pain, swelling, and/or stiffness.”

Evolution of Addressing Stress

1.0 MANAGE IT: Last 30 years: static, lecture-mode formats, simply giving information about *managing* stress. Focused on nutrition, exercise, controlling thoughts, and changing behaviors

2.0 REDUCE IT: yoga and some types of meditation

3.0 RELEASE IT: “Stress Release 3.0™ Stress stays locked in your body until released. *Emotional Freedom Technique* or “Tapping”

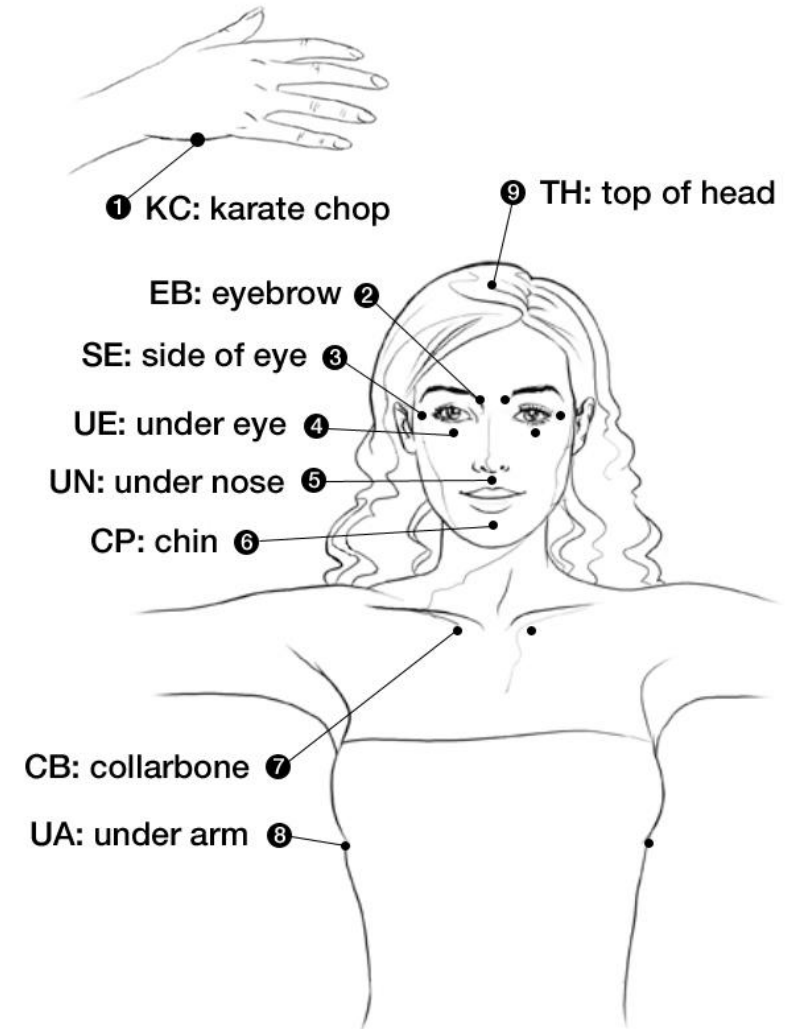
Emotional Freedom Technique: “Tapping”

Tapping provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases.

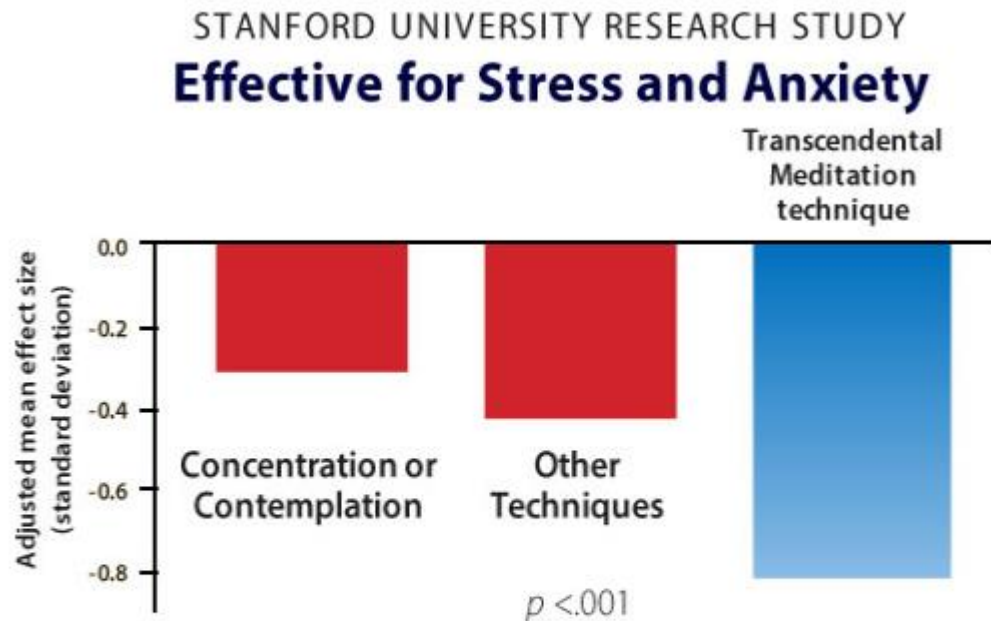
From acupuncture and acupressure, utilize the body’s energy meridian points

Tapping to release stress:

<http://www.thetappingsolution.com/what-is-eft-tapping/>



Transcendental Meditation (TM)



“No other ‘stress management technique’ has anywhere close to this amount of hard data in support of its claims to reduce stress.” —Norman Rosenthal, M.D., Psychiatrist, Georgetown University Medical School

Stanford University: A meta-analysis of 146 independent studies found that the Transcendental Meditation technique is twice as effective at reducing trait anxiety when compared with concentration, contemplation or other techniques.

Reference: *Journal of Clinical Psychology*, 45 (1989): 957–974.

TM Benefits

- Reduced Stress and Anxiety
- Decreased Depression
- Reduced Insomnia
- Lower Blood Pressure
- Decreased Cholesterol
- Reduced Congestive Heart Failure/Stroke
- Decreased Free Radicals
- Reduced Pre-Diabetes
- Reduced Cardiovascular Risk
- Reduction in Pain
- Decreased Health Care Costs and Utilization
- Higher Levels of Brain Functioning
- **Improved Intelligence, Creativity** and Learning Ability
- **Improved Academics**
- **Improved School Behavior**
- Benefits for Special and Remedial Education
- Improved Integration of Personality
- Increased Longevity
- **Reduced Substance Abuse**

TM Practice

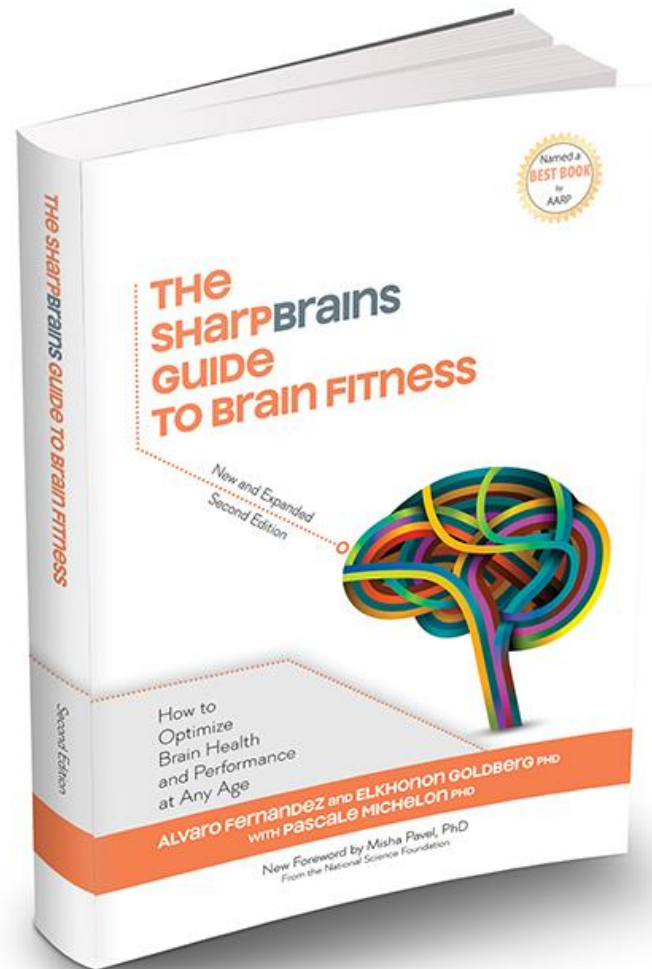
- Mental repetition a mantra
- 20 minutes/session
- Twice a day (before meals)
- Sitting but no special body posture
- Can be done anywhere
- Also good for when you wake up in middle of the night and cant fall asleep

1976

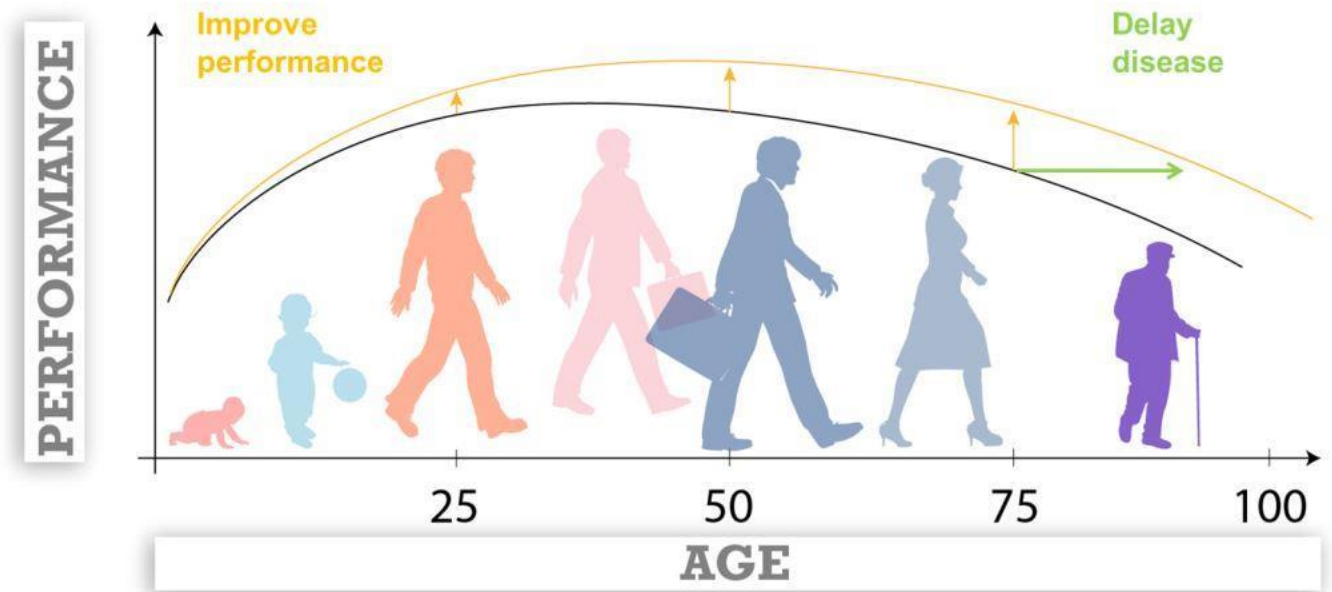


John Gedeon
Head Photographer

Over 40?



Why brain fitness matters



SharpBrains Recommendations



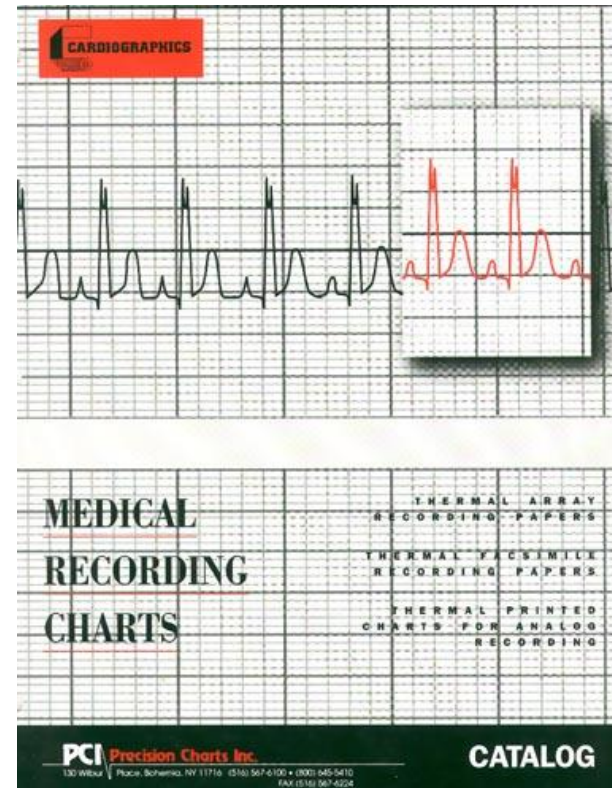
Source: The SharpBrains Guide to Brain Fitness

Mental Stimulation-Flying

- Using checklists
- Monitoring instruments
- Watching for air traffic
- Talking with Air Traffic Control
- Monitoring weather conditions
- Navigating/reading maps
- Adjustments to speed, direction, altitude, engine power, etc.
- Pointing out things to passengers
- Flight log entries
- [Just sitting there??](#)



Medical & Dental



Trini culture on health

- If I am thin I don't need to exercise
- Afraid of info/getting tested (AIDS example)
- Afraid of doctors
- Afraid of needles
- Wait until something goes wrong before taking action
- Wait for the doctor to tell you what to do (no ownership of health)

Check ups

- Dental Check up (every 6 months)
- 3-2-1 Daily Dental Practice
 - Use Act fluoride rinse x 3's per day
 - Brush twice
 - Floss once
- Medical (next page)
- Tracking on *Excel* spreadsheet [health performance indicators](#)

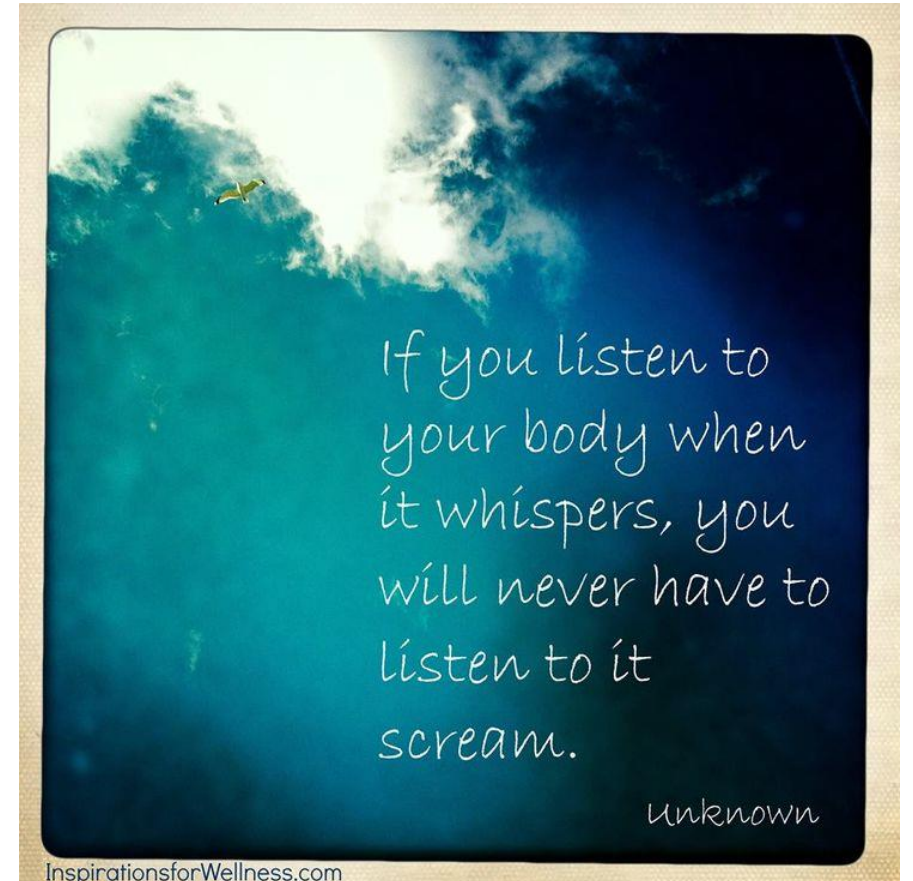
Table: Screening tests and immunization schedule for men

TESTS/IMMUNIZATIONS	AGES 50 AND OLDER
General exam	Yearly. (Some studies have found that regular annual check-ups do not bring clear health benefits to the population as a whole, but doctors still recommend them, especially for those over 50.)
Thyroid (TSH) test	Every five years.
Blood pressure measurement	At least every two years if you have normal blood pressure; at least once per year if it is elevated or if you are at increased risk for heart disease and stroke (such as from smoking or diabetes).
Cholesterol test	Get this checked regularly; discuss with clinician, as professional recommendations vary about how often.
Bone density screen	Discuss with clinician if you are at increased risk because of previous bone fractures or other factors (see "Osteoporosis"); not recommended for other men.
Diabetes screening	Discuss with clinician if you have risk factors for type 2 diabetes, if your blood pressure is higher than 135/80, or if you use medication to control your blood pressure.
Digital rectal exam	Once a year, during a regular physical exam.
Prostate-specific antigen (PSA) test	Discuss with clinician.
Sexually transmitted infection (STI) tests	Both partners should be tested for STIs and HIV before initiating intercourse.
Mental health screening	Discuss with clinician.
Colorectal screening	Before age 75, use one of these three methods: (1) fecal occult blood test annually; (2) flexible sigmoidoscopy every five years; (3) colonoscopy every 10 years. After age 75, discuss with clinician.
Complete eye exam	Until age 54, every two to four years; from 55 to 64, every one to three years; after 65, every one to two years; or as advised by a clinician.
Hearing test	Discuss with clinician.
Mole exam	Have this done during your routine physical or separately by a dermatologist.
Dental exam and cleaning	Routinely; discuss frequency with dentist.
Influenza vaccine	Yearly.
Pneumonia vaccine	One time only, at age 65.
Tetanus-diphtheria (Td) or tetanus-diphtheria-pertussis (Tdap) booster	Get a Td booster every 10 years; one booster after age 50 should be with Tdap, and the rest with Td.
Herpes zoster vaccine for shingles	Once only at age 60 or later; discuss with clinician.

*U.S. Department of Health
and Human Services*

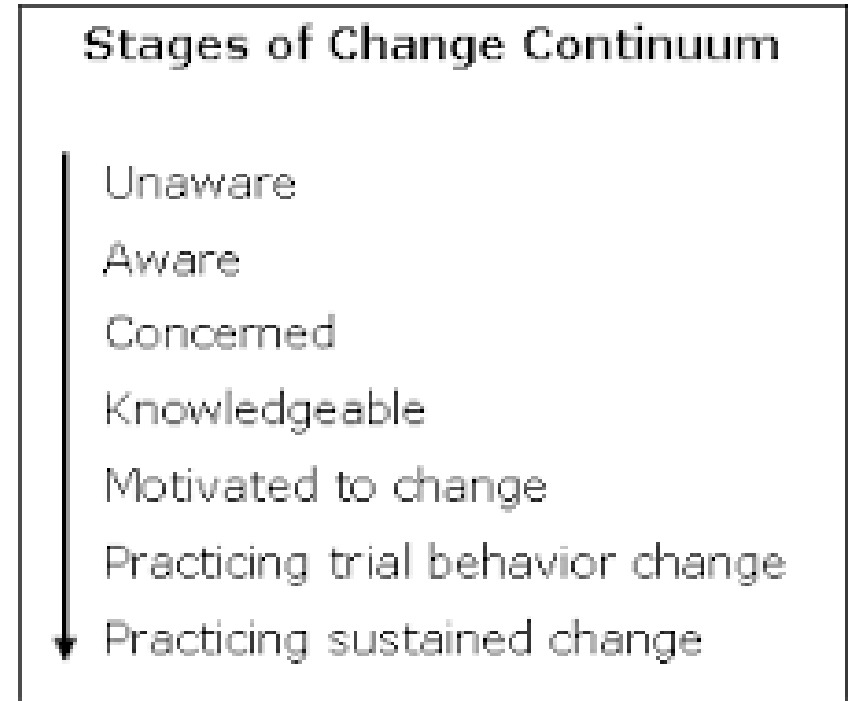
Listening to your body

- Not your ego
- Do you obey your body....?
 - Bathroom calls
 - Hunger
 - I am full
 - Drinking
 - Showering
 - Getting too cold or warm (room temp)
 - Sleepy
 - Sex
 - Exercise



Some of my behaviour changes

- Stop drinking soft drinks
- Less alcohol
- Less meat
- More dedicated to exercise routine
- More movement during the work day
- Scrub teeth twice times per day
- Getting to bed earlier to get 8 hours



My theory of dying

- As we pass 30 the wind down in areas can start with metabolism, loss of muscle mass, physical performance decreases
- After 40, bone mass loss, sexual dysfunctions, etc...
- As we get into the 70s and beyond, we lose friends, ability to do tasks (drive), physical movement takes more effort, our flexibility decreases, we can't enjoy past times (golf), we forget things, get confused, we have to exercise much more just to maintain the same level of performance
- When your world keeps collapsing on you and it is too much effort to push back = **mental death** closely followed by physical death

See how long you will live...

- Click here: [Living To 100](#)
- Then click on “Take the Calculator” and answer the 40 questions
- You will get your life expectancy AND suggestions to improve your weak areas to extend your departure date (and avoid heaven (or hell) as long as possible)

Health Resources



Technology that can help

- Apps
- Equipment
- Furniture
- Watches
- Seizing opportunities for movement

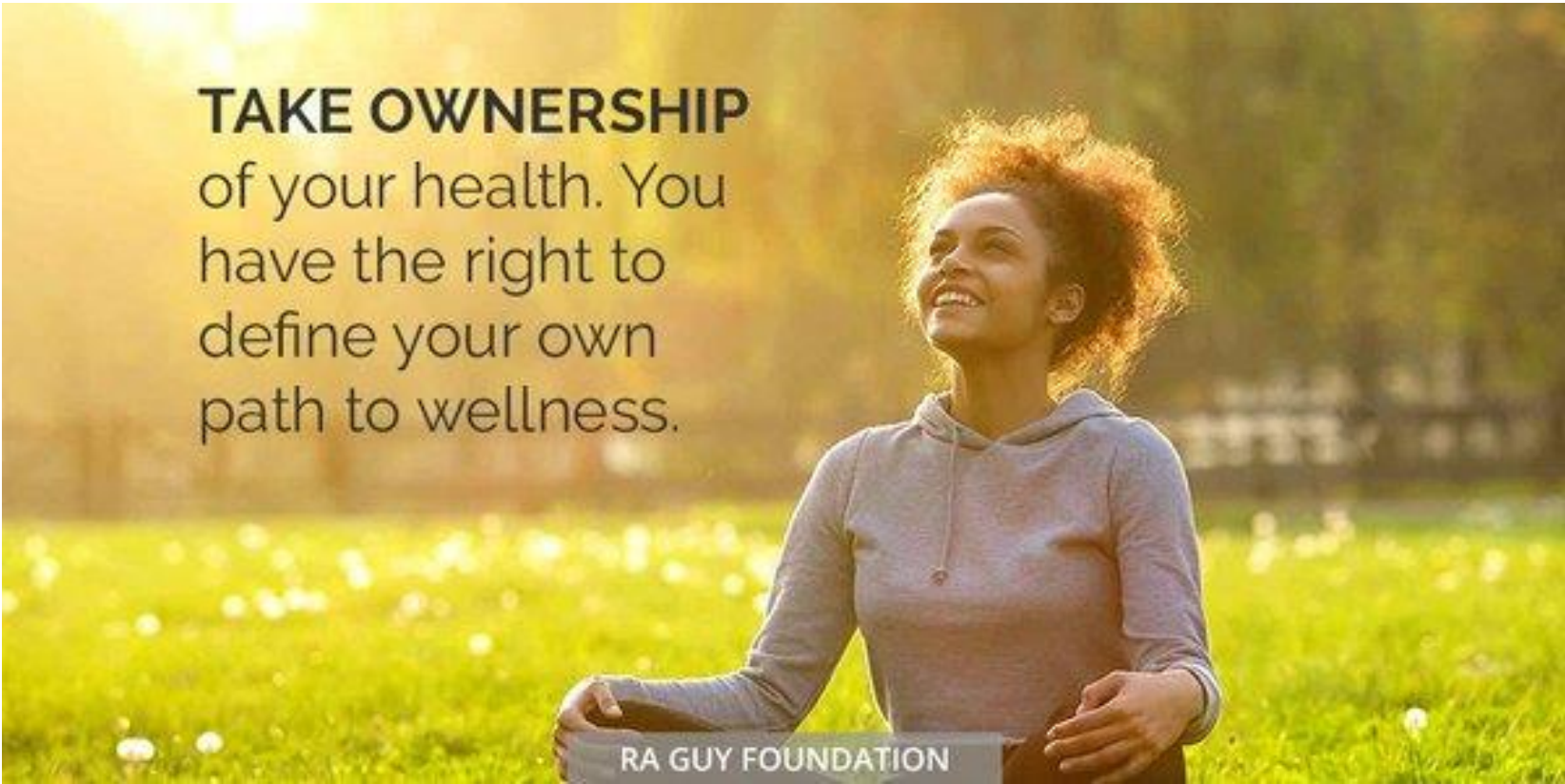


Resources

- Harvard 101 Health Tips: http://www.health.harvard.edu/healthbeat?free_download=1
- Sleep Diary: <http://healthysleep.med.harvard.edu/file/19>
- Tapping to release stress: <http://www.thetappingsolution.com/what-is-eft-tapping/>

Summary: Anti-Aging Longer Life

1. Don't smoke.
2. Enjoy physical and mental activities every day.
3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and be sure to get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind. Keep learning and trying new activities.
7. Build a strong social network.
8. Follow preventive care and screening guidelines.
9. Floss, brush, and see a dentist regularly. [use fluoride rinse]
10. Ask your doctor if medication can help you control the potential long-term side effects of chronic conditions such as high blood pressure, osteoporosis, or high cholesterol.



TAKE OWNERSHIP
of your health. You
have the right to
define your own
path to wellness.

RA GUY FOUNDATION

QUIZ answers

1. Please rank these in order of importance: Work, Family, God, Money, Health, Sex, Friends **ANSWER: Health must be first as you cant do the rest if you are unhealthy**
2. Do you do a 'sweat' exercise at least 30 minutes every other day? If not, why? **ANSWER: If you say "lack of time" that is an excuse! We always have time for what is *important* in our lives.**
3. What are the four major focus areas of physical exercise (not parts of the body)? **ANSWER: 1) Strength, 2) Endurance, 3) Range of Movement, 4) Agility/Balance**
4. What apparently harmless activity that we do for hours each day that will shorten your life more years than smoking? **ANSWER: Sitting!**
5. What do all successful people have in common (and it is not intelligence)? **ANSWER: they are all high energy people.**
6. Balance test: stand up and extend one leg so foot is at least 1 ft above the ground for 15 seconds **ANSWER: if you are under 50 and have trouble you need to address it unless you like breaking your hip.**