

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +

Four Things You Need to Do Everyday to Lead a Healthy Life



Introduction

Living a healthy life style is not that elusive, in fact it is right in front of us, ready to be had, if we only fully understood what it takes to obtain it. A healthy lifestyle has three components; physical, emotional and social. To have two components and lack the third is not living a healthy life style. It takes a balance of all three. For short periods of time, the balance between the three may get skewed, life does those types of things to us, but over the long haul, the balance between the three components needs to be restored or unhappiness and ill health will occur. A good example of this is an Olympic or professional athlete who, for years, has dedicated their lives in the pursuit of achieving the pinnacle of physical performance but at a cost of emotional or social imbalance. As a result, when their physical pursuits are finished they have a difficult time adjusting to their new reality and as a consequence depression, drug and alcohol addiction, and spousal abuse often results.

Like most things in life, living a healthy life style takes a conscious effort, commitment and practice. At times it will not be easy, especially when life throws those unexpected curve balls at us. That is why it is important to get into a routine and make it a habit to live in a healthy way. By doing this, when unexpected events occur that throw us off the rails, it will be easier to get back on track and get redirected toward a health lifestyle again.

This newsletter will present four things that we must do daily to live a full and healthy life. These five things are readily available to us and relatively easy to do. The challenge is to do them consistently so that the fruits of living a healthy life style: physical health, strong self esteem and self worth, and healthy secure social relationships are obtained and sustained.

The Four Things

1. Exercise -muscle resistance (push/pull) & cardio (elevate heart rate)
2. Sleep - quantity and quality are equally important.
3. Eat - how much you eat is as important as what you eat.
4. Unplug - technology dominates the world, don't let it dominate you.

Did you Know

25 Tips to live a Healthier Life

1. Drink more water
2. Meditate –quieten your mind
3. Eat more fruit & veggies
4. Eat bright coloured foods
5. Eliminate processed foods
6. LOVE yourself
7. Purge negative people and negativity from your life.
8. Avoid trigger foods
9. Take the time to breathe deeply
10. Eat brown carbs vs white-carbs
11. Live life with purpose
12. Reduce sugary foods
13. Improve your posture
14. Don't smoke & avoid secondary smoke
15. Moderate alcohol consumption.
16. Eat healthy snacks
17. Stop eating when you feel full
18. Exercise good personal and dental hygiene
19. Go out and be social more often. Join a group
20. Identify a mentor.
21. Try new things
22. Give back daily
23. Think of others first
24. Do yoga
25. Smile often and laugh

1. Exercise

(Push / Pull & Cardio)

Research has shown that exercise helps slow the aging process both physically and cognitively. However, for exercise to have its most powerful effect it must be done regularly and involve both muscle resistance and cardio vascular type exercises. Alternate muscle resistance and cardio exercises daily.

Muscular Resistance Exercises

It is a well know fact that the muscles of the upper and lower body atrophy (get smaller) after the age of thirty at a rate of 1% per year. The only way we can slow this muscle deterioration is by performing resistance type exercises at least twice a week. The resistance can take the form of our body weight (push-ups), rubber bands, and external weights such as dumbbells and machines. The resistance exercise protocol should involve completing 1 to 2 sets of 12 to 15 repetitions for each muscle group. Click the following link to see a well illustrated article on Forever Active's web site of body weight resistance type exercises;



<http://forever-active.com/body-weight-strength-resistance-training/#more-1796>

Cardio Vascular Exercise

Our heart muscle also weakens as we age. As well, our arteries start to become harder (atherosclerosis). Cardio vascular exercise is necessary help maintain a healthy heart and vascular system. The basic protocol for cardio vascular exercise is to raise your heart rate with a target zone of 60 - 80 % of your maximum hart rate (220- your age) for a minimum of 20 minutes 2-3 times per week. Walking, cycling, treadmills, swimming and aerobic classes are the most common forms of cardio vascular exercise but any activity that elevates your heart rate such as tennis, volleyball or baseball is beneficial.



Summary

It is important to note that any form of exercise, done in moderation and approved by your medical doctor based on your health history is good for you, period!

2. Sleep

We have all heard the Phrase, “ I need my beauty sleep.” Well that phrase should be reworded, “ I need my health sleep.” Research once again has clearly shown that our body and brain need between 7 and 8 good quality hours of sleep per day. Unfortunately, with our busy lives, sleep is often the first thing to be compromised as we burn the candle at both ends. Short-term, we can accommodate and adjust, but long-term the negative effects of too little sleep catches up with us.



Negative physiological and cognitive effects of too little Sleep

1. Decreased concentration
2. Lowered immune system
3. Increased risk of stroke and heart attacks
4. Decreased energy
5. Increased depression
6. Memory loss
7. Fluid retention
8. Decreased Human Growth Hormone
9. Weight gain
10. Decreased libido

How to Improve your Daily Sleep

During the Day

1. Increase you level of physical activity.
2. Eat a balanced diet and try to restrict the amount of sugar and caffeine.
3. Avoid excessive alcohol consumption
4. Keep organized and try to reduce the amount of daily stress in your life.

Evening and Night Time

1. Don't eat or drink before you go to bed.
2. Try to go to bed at the same time each evening
3. Invest in a good quality bed and pillow.
4. Have fresh air circulating in your room. The ideal temperature should be around 18°C.
5. Keep your room dark and noise proof.

Summary

Sleeping patterns are very individualistic. Experiment and find what works for you and stick with it. You will definitely feel the difference physically and mentally.

3. Eat Properly

It is true, “You are what you eat” and over the long-term the effects of a poor diet and eating too much become very noticeable;

1. Over weight
2. Type 2 diabetes
3. Lower metabolism
4. Cognitive impairment
5. Sleep disturbances
6. Lower self image and self esteem

A Balanced Diet

A diet of 60% carbohydrates, 30% Protein and 10% fat is generally a good rule of thumb to follow. As well, you want



To restrict your intake of non-natural sugars (sugars not naturally found in the food you are eating), foods containing trans-fats, alcohol and caffeine. It is important to note that your diet can vary based on your level of physical activity and individual physiological factors.

Watch How Much You Eat

Equally as important as what you eat is how much you eat. Too much of a good thing, even a good balanced diet, is not healthy. North Americans are famous for over indulgence. We over order at a restaurant or prepare too much food for dinner at home and then we feel guilty if we do not finish it all. The Canadian Food Guide (http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/view_eatwell_vue_bienmang-eng.pdf) clearly indicates appropriate portion sizes.

Grain Products 5-12 SERVINGS PER DAY	1 serving 1 Slice Cold Cereal 30g Hot Cereal 175 mL / 3/4 cup	2 servings 1 Bagel, Pita or Bun Pasta or Rice 250 mL / 1 cup	Other Foods Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.
	Vegetables and Fruit 5-10 SERVINGS PER DAY	1 serving 1 Medium Size Vegetable or Fruit Fresh, Frozen or Canned Vegetables or Fruit 125 mL / 1/2 cup	
Milk Products Servings per Day Children 4-9 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant and Breast-feeding Women: 3-4	1 serving 250 mL / 1 cup 3"x1"x1" 50g 2 Slices 50g	175g / 3/4 cup 100g / 1/2 cup	Meat and Alternatives 2-3 SERVINGS PER DAY
	1 serving 100g / 1/2 cup 1/3-2/3 Can 50-100g 1-2 Eggs	Beans 125-250mL Peanut Butter 30 mL / 2 tbsp	

4. Un Plug

Technology is a big part of our world but it does not have to dictate who we are or how we live our lives. We need to learn to control technology and not have it control us. A



perfect example is the frequency with which we look at our smart phones to see if we have received a text or email. In fact, a better example is our need to answer that text or email we just received in milliseconds. What is the rush? Certainly there are times when constant monitoring or responding is necessary but I would argue that it is a minority of the time. Sitting in front of our computers and surfing or watching TV when there is really nothing we want to watch are other examples of times when we could un plug ourselves from technology and free up time to exercise, mediate, learn a new skill or hobby or communicate in person with a family member or friend. Have we lost our ability to look someone in the eye when we talk to them?

How to Control Technology



1. Designate specific times of the day to check emails and social media.
2. Designate specific shows that you will watch on TV or time to surf the net. Set specific time limits.
3. Don't carry your smart phone or ipad with you all the time and especially when you are at home.
4. Do something non-tech related each day. Learn a new skill, participate in a hobby, go for a walk, etc.