

*This document is a supplement to the handout provided in the seminar. To others reading this, please be aware that the content is not a reflection of the seminar content – the seminar is much more than a “health session”.*

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## How well are you looking after your most important asset?

Here are just a few examples where you might consider investing some ‘time’ and ‘astute decisions’ to look after your most important asset - **YOU**. Rate each from 1 to 10. 10 indicates you have that item fully covered and no change needed; 5 suggests plenty of room for improvement; 1 is whoops, much to do. Make a diary note to revisit this table each month.

See following pages for expanded information and more tips.

Score	Goals/Actions
	Physical activity
	Body weight
	Alcohol
	Smoking
	Dietary fibre intake
	Dietary fat intake
	Sugar intake
	Fluid intake
	Daily back care exercises
	Stress management
	Time to relax
	Computer stretch breaks
	Time into relationships
	Looking after the environment
	Giving something back
	Dental check up
	Annual doctor check-up
	Blood pressure
	Cholesterol/Blood-sugar/other tests
	PAP/Mammogram/Prostate
	Check stools for blood
	Breast/testicular self-checks
	Skin self-checking

Add your own from other important aspects of your life:

## Setting Goals That Really Matter

Have a meeting with the most important person in your world. You! Follow the arrows to set and achieve goals - health, relationships, work, whatever matters to you. Here is a voiceover of these steps: [www.robedwards.co/wsv](http://www.robedwards.co/wsv)

**What is important to you?** Close your eyes for a minute and ask yourself what aspects/parts/things in your life are important to you? Write a list. Then give each item a mark out of 10 as to how well that is balanced in your life. How happy are you with that situation? 10/10 - it's exactly how you want it to be. Less may be a goal setting opportunity.

**What are you putting off until 'tomorrow'?** Close your eyes for a minute and ask yourself that question. Make a list and beside each write a sentence about **why** you are putting that off. What is getting in the way?

**Who is important to you?** Close your eyes and think about who are the people in your life that are important to you. List their names.

### Let's set a goal

Perhaps draw from your above notes or maybe another goal you have been considering. On a new page, write the goal with a clear title, for example, "I will do more physical activity" or "I will spend more quality time with my partner" or "I will drink less alcohol".

Those examples are in the voiceover to demonstrate each step of the process: [www.robedwards.co/wsv](http://www.robedwards.co/wsv)

### What exactly are you changing?

Write down what you are you doing, or not doing, now that you intend to change. For example, exactly how much physical activity are you doing now or how much quality time are you now spending with that partner or how many alcoholic drinks are you having each week.

### What specific actions will you do to achieve the goal?

Where, how, how often, who is involved? Write it down. Do you truly believe that you will be able to sustain those changes for years? Does it really fit **your** lifestyle? That questioning may result in you being softer on yourself - that's fine - you can toughen it up later if needed. **The key to successfully achieving your goal is a genuine front end belief that you can sustain the actions for years.** Check out the voiceover for more detail and examples.

### What will keep you on track?

Okay, it's nice to take this time out to set goals for yourself, but soon you are likely to be back in the busyness of life. So it is vital, **right now**, to build into your daily routine the reminders that will keep you on track. Your phone is great - add recurring reminders for each action you are going to do. Perhaps a buddy system where you do an activity with someone else. Maybe put the back care chart on the bathroom door as a prompt to do those daily exercises. Whatever it is that works for you. These reminders can make all the difference. Set them up now.

### Set check points

Set a weekly alarm to take a few moments to consider how you are progressing in achieving your goal.

### Want to turn your goal into a short speech?

What the ??? Yeah, sounds a bit crazy and out of your comfort zone - but it is powerful. Even delivering it to yourself in the mirror is powerful embedding of your goal. Better still, present it to people who may be impacted or support you. Why that works so well takes a little explaining - see the last section of the voiceover.

Add a dash of commitment and you'll be achieving the goals that really matter to you. Wishing you well, Rob

## Some tips and info about the list topics and others

Please note this is a list of prompts and ideas – it's by no means comprehensive. Also, I will be adding to the list occasionally. The current version can be found at: <https://robedwards.co/tips.pdf>

The "Out of 10" self-test from when you closed your eyes: [www.robedwards.co/outof10.pdf](http://www.robedwards.co/outof10.pdf)

That form that I got on my high horse about, to share with your doctor: [www.robedwards.co/doctor.pdf](http://www.robedwards.co/doctor.pdf)



### Am I? Can I? Will I?

Access to the Am I? Can I? Will I? workshop. Use password you were given: <http://robedwards.co/ws/>

Set your goal and make a speech that matters: [www.robedwards.co/goal.pdf](http://www.robedwards.co/goal.pdf)



### Physical activity - aim to do something everyday

Regular physical activity plays a major role in our day-to-day wellbeing and quality of life. There is consistent evidence regarding the long-term health benefits of physical activity in the prevention of coronary artery disease. Regular exercise also assists in avoiding Type II diabetes, having a normal blood pressure, maintaining a healthy weight, sleeping well, relaxation, avoiding osteoporosis and much more. Aim physical activity a regular and fun part of your life.

Walk, swim, cycle, tennis, involve others, health clubs, weekend activities, incidental activity, team sports, home equipment, active holidays, have fun, use your imagination. Here's some more info.

General: [https://robedwards.co/uploads/key\\_articles/Physical\\_activity.pdf](https://robedwards.co/uploads/key_articles/Physical_activity.pdf)



### Daily back care exercises - prevention is heaps better than cure

Good flexibility and strong abdominal muscles help prevent back pain. If you already have pain, improved flexibility and strength may significantly reduce the chances of it progressing.

Print the Back Care Exercise Chart and aim to spend five to ten minutes on these exercises each day. It's only a small time commitment, yet a great personal investment, whether your back is fine or otherwise.

Chart: [www.robedwards.co/back.pdf](http://www.robedwards.co/back.pdf)



### A healthy body weight – slow and steady

We all know the general basics: reduce food volume, reduce fat intake, reduce carbohydrates, reduce alcohol, reduce sugar intake and increase physical activity. Here's some more detailed info:

A healthy weight: [www.robedwards.co/uploads/key\\_articles/Healthy\\_weight.pdf](http://www.robedwards.co/uploads/key_articles/Healthy_weight.pdf)

Good Eating Guidelines: [www.robedwards.co/uploads/key\\_articles/Good\\_eating.pdf](http://www.robedwards.co/uploads/key_articles/Good_eating.pdf)



### Healthy eating – we are what we eat

The old saying 'you are what you eat' is so true. What you do or don't eat and how much, plays a huge role in your wellbeing and future quality of life. Consider the Good Eating Guidelines and quizzes to determine if your diet is healthy or whether you need to make some changes.

Your dietary fat intake: [www.robedwards.co/uploads/key\\_articles/DFatQuest.pdf](http://www.robedwards.co/uploads/key_articles/DFatQuest.pdf)

Your dietary fibre intake: [https://robedwards.co/uploads/key\\_articles/Fibre\\_Quest.pdf](https://robedwards.co/uploads/key_articles/Fibre_Quest.pdf)

Good Eating Guidelines: [www.robedwards.co/uploads/key\\_articles/Good\\_eating.pdf](http://www.robedwards.co/uploads/key_articles/Good_eating.pdf)

Healthy cooking: [www.robedwards.co/uploads/key\\_articles/Healthy\\_cooking.pdf](http://www.robedwards.co/uploads/key_articles/Healthy_cooking.pdf)



### Fluid intake – we are 75% water

Moderately active adults require on average two litres (approximately eight glasses) of water per day. This amount should be increased in hot weather and when exercising. A general guide is an extra litre of water for every hour of exercise. To check you are drinking enough fluid, observe the colour of your urine. If it's a pale yellow you're adequately filling up.

When considering your fluid intake, don't count alcohol, coffee or caffeinated energy drinks, as these are diuretics and tend to remove fluid from your system. Weak to moderate strength tea is fine and is a healthier choice than coffee. Coffee: aim for no more than three or four cups per day.



### Alcohol – be careful of the demon

For most people, a small amount of alcohol is safe and okay part of their social activity. Excessive consumption however, is damaging and may cause high blood pressure, liver damage, some cancers, elevated triglycerides and other illnesses. As well as social problems! Consider the Rule of 2s. If you feel you may have a problem with alcohol, set yourself solid goals and consider additional support. It may take a strong effort -- the rewards will be well worth it.

#### The Rule of 2s

- Two a day is plenty [that is std drinks]
- Two alcohol free days per week
- Two twos (4 drinks) is a treat
- Two treats (per week) is too many

If it's a big challenge check out AA: [www.aa.org.au](http://www.aa.org.au)



### Smoking – yep a tough goal, but a must do

Smoking is clearly one of the most significant causes of preventable death. But the news is not all bad. If you stop smoking, you can expect a rapid reduction in your risk of heart disease and cancer. If you smoke, quitting soon is probably one of the most important things you can do to protect your future quality of life. It's a tough goal but it's a must.

QUIT line: 137 848 [www.quit.org.au](http://www.quit.org.au)

Article: [www.robedwards.co/uploads/key\\_articles/Smoking.pdf](http://www.robedwards.co/uploads/key_articles/Smoking.pdf)



### Stress management – it's about lots of small strategies

We need some stress in our lives. However if stress is too great, the risk of developing many diseases increases.

A stress quiz: [https://robedwards.co/uploads/key\\_articles/Stress\\_Quest.pdf](https://robedwards.co/uploads/key_articles/Stress_Quest.pdf)

Here's a mixed list of notes I have put together and articles I've used in the past:

[www.robedwards.co/uploads/key\\_articles/stress\\_collection.pdf](http://www.robedwards.co/uploads/key_articles/stress_collection.pdf)

A few relaxation tips: [www.robedwards.co/uploads/key\\_articles/Relaxation\\_Techniques.pdf](http://www.robedwards.co/uploads/key_articles/Relaxation_Techniques.pdf)



### **Self checking for cancers – you just could save your own life**

Many cancers can be discovered early if you take a proactive approach. Simple self-checking procedures are often the most powerful means of finding early signs of cancer. Over my years as a speaker, I've had dozens of people tell me that, with simple self-checking, they have detected life threatening skin cancers, bowel cancers and others. It's simple -- if you notice anything suspicious, act on it promptly.

I strongly recommend you make the small effort and investment to get this check done. People have reported that it may have saved their lives - simple as that. <http://healthappraisals.com.au/boweltest.pdf>

Some info about checkable cancers: [www.robedwards.co/uploads/key\\_articles/Cancers.pdf](http://www.robedwards.co/uploads/key_articles/Cancers.pdf)

Self checking: [www.robedwards.co/uploads/key\\_articles/Self\\_checking.pdf](http://www.robedwards.co/uploads/key_articles/Self_checking.pdf)

Cancer council is a great source of info: [www.cancer.org.au](http://www.cancer.org.au)



### **Talk to your doctor – “Hey Doc, I feel great, how about a check up anyway”**

This is a simple and inexpensive action, but one that may have a powerful impact on your future health and well-being. How long is it since you had a check up? If you have not seen your doctor in the past year, make an appointment to have a thorough check up. When you meet the doctor say: “Hey Doc, I feel great, but I'd like a comprehensive checkup including my skin.” Also, “Do you think it's a good idea that I have a general blood test?”

Here's a few ideas to get the most out of that meeting:

- Before the appointment jot down questions to ask your doctor.
- Tell your doctor about family history concerns, for example, has anyone in your family had bowel or other cancers, diabetes or heart disease?
- Overdue screening, for example, mammogram, PAP or skin examination.
- Jot down your doctor's recommendations.
- Ask your doctor for your cholesterol, blood pressure and perhaps other results that you maybe able to modify.
- Are there any personal goals or actions resulting from the meeting?

A form to share with your doctor: <https://robedwards.co/doctor.pdf>

For information about diseases or test results: rather than a general “Dr Google” search I suggest a search on the Mayo Clinic website – you can be confident of quality info there.



**A couple of things I founded.** Please take a moment to visit:

<https://iitime.org>

<https://plasticfreeoceans.org>

<https://healthyresilient.com>