



Welcome to issue No. 1

As a business manager I receive many newsletters, articles and the like. I simply do not have the time to read them all. I'm mindful that you are most likely a busy person also and your time is precious. Therefore this newsletter is only sent quarterly and the content is concise so you can quickly pick out the bits that are of value to you. Each issue will include:

- a brief introduction with notices of new articles, recipes and other resources recently added to your on-line self assessment and resources facility.
- short articles such as the stress management tips below. This issue I have also included a few tips for healthy eating on a budget. That may be an important consideration with the current economic doom and gloom -- our wallets may suffer a little, but our health should not.
- a recipe. Remember there are 90 more available when you log into your on-line resources -- ranging from the very simple to dinner party options.
- page 3 is devoted to a more substantial article, for example, the next two issues will address cholesterol and kidney health. This issue's topic follows a request from a seminar participant who said to me: "Rob, that all sounds great, but any chance you can give me ten points on one A4 page that tell me how to live a long, healthy and happy life?" Then he said. "Tell me the first ten things that come into your head". I've included my response on page 3. I hope you find it of value and consider writing your own list.
- page 4 is the same each issue. It's a check list of issues critical for achieving good health and sustained high quality of life. Take a minute or three to consider how you rate for each. If you identify areas that could be improved, set yourself a goal and invest some time to achieve it. You will find your on-line Health Planner of value in this regard.

Prizes! Everyone who logs in between newsletters goes in the draw for \$200 of sport shoes, equipment or clothing of their choice. Remember you have access to over 3000 pages of searchable information. If you have forgotten your password visit www.thehealthpresenter.com and click "forgot password" (user name is your email address).

Wishing you the best of health.

Rob Edwards

10 Stress Management Tips At Work

1. Start your work day with a 'day plan' and prioritize tasks. Tick off done tasks and if you don't get to the end of the list don't beat yourself up. Always include quality time for your most important asset -- You!
2. Tidy your work area at the end of the day. It is a positive start to the next day.
3. Talk less and listen more.
4. Accept advice and criticism calmly -- use the information for personal development.
5. If your gut feeling is that you should say no -- then say 'no'.
6. Avoid time wasters (activities and people).
7. Limit caffeine and alcohol and don't smoke.
8. Be a realistic optimist.
9. Make a list of the things that cause you to feel stressed, then put in place an objective plan to improve the situation. If you can't change something -- work on your acceptance skills.
10. Identify work skills you might improve to become more professionally effective and, in turn, be a better stress manager.

"Start treating yourself like you are the most important asset you'll ever have.

After all, aren't you?"

Dr Wolf Rinke

Don't Forget

Once a month do a skin and breast or testicular self check.

Always have a quick look to see if there is any blood in the stool.

If relevant, make sure PAP test and mammograms are scheduled on time.

If you have a family history of bowel cancer or other significant condition -- ask your GP if there are relevant screening procedures.

It's not glamorous stuff, but you just could save your life. I've met many who have done just that.

Healthy Eating on a Budget

I often have seminar participants suggesting that a significant barrier to healthy eating is cost. If you take time to consider the options that is not really the case. Here are a few tips to keep the budget on target while shopping with good health in mind:

- Keep the pantry well stocked and consider the meals you intend preparing before you go to the supermarket. This ensures you have the ingredients you need -- buying one-off items from the corner store is expensive.
- Base meals around what is in season or on special.
- Buy in bulk. It is often cheaper (perhaps shop with someone else and split the cost).
- Buy modest amounts of meat, chicken and fish. Leaner meat cuts can be more expensive, but if your goal is to eat less meat then the cost is relatively unchanged.
- Look for marked down products, often significantly when nearing their expiry date.
- Perhaps take your calculator shopping to make it easier to work out which size options are the best value.
- Minimise 'luxury' items. If ice cream, chocolates, biscuits, cakes and sweets are only occasional treats they will not blow the budget.
- Only buy what you need. It is not a bargain if you don't use it.
- Cook at home and limit eating out. You have more control over both content and cost.
- Cook in bulk. Leftovers can be a cheap lunch the next day; soups, stews, casseroles and pasta bakes all reheat well for another meal.
- Use leftovers to create new meals. For example: Bolognaise sauce can make a great pizza base or goes well on a toasted sandwich; left over roast meat can be used in a warm salad or pasta dish; boiled rice can be used to make a fried rice.
- Ever considered growing your own veges? Its cheap, good exercise and great stress management.

Pork and Asian Greens Stir Fry

The secret to stir-frying is the heat. You need a really high heat to cook the ingredients quickly and prevent them stewing in their own juices. That way your stir-fries will always be fresh and crisp, not limp and soggy.

Ingredients:

- 1 tablespoon rice bran oil
- 500g pork fillet or skinless chicken breast, sliced
- 1 onion, sliced
- 1 garlic clove, crushed
- 1 teaspoon grated fresh ginger
- 2 bunches baby bok choy, quartered
- 1 bunch broccolini
- 100 g snow peas, trimmed
- 1/4 cup sweet chilli sauce
- 1/4 cup lime or lemon juice
- 2 tablespoons salt-reduced soy sauce
- coriander leaves and steamed rice or noodles to serve

Method:

Heat oil in a wok or large frying pan on high. Stir-fry the pork in 2 batches for 2-3 minutes. Remove to a plate. Add the onion, garlic and ginger to the wok and stir-fry for 1-2 minutes until just tender. Return the pork to the wok with the baby bok choy, broccolini, peas, sweet chilli sauce, citrus juice and soy sauce.

Stir-fry for 2-3 minutes until greens are just beginning to wilt.

Sprinkle with coriander and serve immediately with steamed rice or noodles.



From Zest the Nutrition for Life Cookbook by Catherine Saxelby & Jennene Plummer.
www.foodwatch.com.au

"The great dividing line between success and failure can be stated in five words:

I did not have time"

Henry Davenport

Don't Forget

A small amount of alcohol is okay, but excess can cause high blood pressure, liver damage, elevate triglycerides and much more. So don't forget the Rule of Twos:

The Rule of "Twos"

Two a day is plenty

Two MAD* days a week

Two Twos (4) is a treat

Two treats a week is too many.

*MAD = Miss A Drink

Live a Healthy Happy Life: 10 Points -- 1 Page

These are just the ideas that came into my mind -- take a piece of paper and write your 10 points.

Eat Plenty of Good Food: Start the day with a healthy high fibre breakfast. Prefer wholemeal and whole grain foods -- particularly when choosing breads and breakfast cereals. Eat plenty of fruit and vegetables -- two pieces of fruit and five serves of veges each day. Meats are fine, but eat in moderation and buy low fat or trim fat as best you can.

Careful Of Body Wreckers: Coffin nails (cigarettes) rip people's health and families apart. My family has lost decades to them -- the most wonderful guy I have ever met (my dad) died at 56. Put other heavy drugs in the same category. Keep control of alcohol, rather than it controlling you -- moderation is the key. Regarding medications, ask your doctor if there is a non drug alternative. Particularly so with antibiotics -- at the rate we are going the super bugs, that we are creating, will inherit the earth.

See A Band: Do some things out of the square. If you liked the Stones or Status Quo when you were younger, be first to line up again if you get the chance. It might be a play, picnics, going to the footy, skydiving or skinny dipping! What are the things you really enjoyed doing in the past or always thought you would have liked to do? (Disclaimer: whilst the the author will be at the next George Thoroughgood concert he is not a nude skydiver!)

Know Your Body: Do regular self checks and if something isn't quite right, check it out with a health professional, without delay! Ask your doctor about family history traits such as bowel cancer and diabetes. The old worn saying "Prevention is better than cure" is king when it comes to your health.

Don't Eat Too Much: In a world of plenty many of us simply eat too much. Don't feel bloatedly full after a meal and don't rush to the pantry at the slightest tummy rumble. Being a little hungry for periods during the day is how it should be. Don't go back for seconds or finish off the kids meals (that's a big weight trap for parents!). Be particularly limiting of sugar and fat bombs: biscuits, pastries, pies, sausage rolls, crisps, fries, chocolate, sausages, ice-cream, etc. -- you know the drift! Did you know there is approximately 8 teaspoons of sugar in the average can of soft drink? Some breakfast cereals -- half the packet is sugar!

Move Your Body: My twenty years in the health business leads me to believe that if you can keep your heart right (in more ways than one) and your back in good shape the chances of you living a long healthy life are high. Aim for 30 minutes each day of walking, cycling, gym, basketball -- whatever it is that you can fit into your day. It does not have to be all in one go. Make sure you include five minutes or so of back care exercises. If you struggle with physical activity: simply set the alarm 30 minutes earlier, get up straight away and walk (or other) for 30 minutes. Don't make excuses -- just do it.

Have Some Treats: Occasionally forget all of the above and have some treats. Buy an ice-cream (trust me there are some really good ones in the Woolworth's freezer cabinet); a sausage at a BBQ; fish and chips do taste great, don't exercise for the day; an extra glass or two of wine. There are few people more dull than a prudish health fanatic!

Don't Stress -- Chill Out: Make sure that every day there is time for a quiet walk or to read a book or to tell a story to a child or watch TV or tend your vegetable patch. If there is a flower to be smelled, smell it! Also, make sure you have a break for a couple of weeks every year -- don't save all your holidays up for retirement, you might not get there.

Get Your Attitude Right: A good friend of mine is a manager who delivers the required business outcomes, but always he is striving to get the principles right, caring for the people he influences and continually finding the best in every situation. He never says "Thank God It's Friday" -- it's always "Thank God It's Today". Life might seem to deal up some crap at times, but for most of us we have clean water, plenty of food, never heard a machine gun, never seen a child starve to death, don't really understand torture. The sun is shining! Make the most of it.

Care A Little More: There are tons of small opportunities where you can exercise your power to make the world a better place. Try some of these: telephone someone you know who is feeling down; use reusable grocery bags; on your walk pick up the bottles and put them in the recycling; buy green power; sponsor a third world child; help at the Salvos Christmas lunch; buy a ticket in local Scout group raffle (even if you don't want the prize); say nothing when you know the words you are about to speak will hurt someone; throw a smile at someone not expecting it.

How Do You Rate Yourself?

	Rating	Goals and Actions
Physical Activity		
Body Weight		
Alcohol		
Cigarettes		
Dietary Fibre Intake		
Dietary Fat Intake		
Sugar Intake		
Fluid Intake		
Stress Management		
Time to Relax		
Back Care Exercises		
Cholesterol/Triglyceride		
Skin Self Checking		
Check Stools for Blood		
Breast/Testicular Self Check		
PAP Test		
Mammogram		
Prostate		
Dental Check Up		

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat whole meal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose whole grain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

have a great day



It's Time is a project I have been developing over the past two years -- my way of giving something back. All of the Health Presenter income in 2008 from live seminars and the DVD based program was directed to the It's Time Foundation.

We are an emerging not-for-profit foundation installing renewable power solutions in remote Pacific island schools. This reduces carbon emissions by reducing their need for diesel generators. The money saved on fuel is directed to education resources. For details please visit www.itstime.org.