

Welcome

I hope you have been well and welcome those receiving this quarterly newsletter for the first time.

You may remember, when you took part in the health appraisal program, there was a health and lifestyle questionnaire including a section where you ticked off illness/conditions in your medical history. It may not come as a surprise that, miles ahead of anything else, the most commonly reported condition is back pain. It ranges from those with a little niggle to others with more severe conditions.

What many people don't realise is that they may have significant control over whether or not the pain gets worse. An investment of 5 to 10 minutes, doing some back care exercises each day, can make a huge difference to long term outcomes. It makes just as much sense that if you don't have back pain to make the same investment -- to keep a good thing. Everyone who has taken part in the program over the past twelve years was given a page of back care exercises. Whilst I am sure you have yours posted in a prominent position (so you can refer to it each day!), it's my guess that two or three people may have lost it. Thus I have reproduced most of the exercises on the third page of this newsletter. Please read the instructions carefully.

Seminar offer! Many of you will have taken part in the Good Health -- Great Future seminar that was offered in conjunction with the health appraisal program; although a seminar was not available for many workplaces due to either seminar unavailability in the area or workplace structures not compatible with a half day seminar. Later in this newsletter is an opportunity for those who missed out previously to come along to a seminar. There is no fee, but of course you must check that it is okay with your workplace.

For those of you who were around for the first of these newsletters you may recall I made a commitment that the newsletters would not exceed three pages. It will now be four, although the fourth page will be the same each time. A number of people suggested it would be worthwhile to always include the "How Do You Rate?" page, so they can do a quarterly checklist of their health. This edition I have also added a fifth page with details of the seminar offer mentioned above.

I hope you find this of value.

Rob Edwards and The Health Futures Team

When will you do it!

As a speaker I meet thousands of people each year. Often they are very motivated to make personal change, but then I hear the killer lines: "I'll start this next week"; "A bit busy at the moment"; "When work quietens down"; "After Christmas"; "After tax time"; "When the kids go back to school"; "Spring is a good time to start"; "I'm getting to it"; "Next week"; and do you know the most common of all?: "When things settle down". Now, be honest, have you ever woken up one morning to realise: 'WOW! It's today, everything has settled down!'

What many people are saying is: "I will do it TOMORROW". I worked for a number of years in a cardiac rehabilitation program. Most of the people I worked with had either heart attacks, by-passes, diabetes and so on -- during their lives many of them were going to get fit, going to lose weight, going to change the way they ate, going to quit smoking Don't kid yourself, you know tomorrow never comes. Of course you will not make all the changes today, but if you are serious about change and attaining the benefits, now is the time to begin planning and committing to actions that will become life habits and great investments in your future. Start now and enjoy the journey.

"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.

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein."

Life's Little
Instruction Book

Don't Forget:

To improve blood fats
(cholesterol and
triglyceride):

Maintain a healthy weight

Limit saturated fats

Plenty of high fibre foods

Limit refined sugars

Moderate alcohol

Be active.

If your blood fats were
high when you were last
tested make sure you
have them monitored with
your doctor.

Worth a Look

www.heartwise.com.au Is a small quarterly magazine with quality information and tips on nutrition and general health. There is a particular focus on cardiac well-being and prevention. It does contain quite a bit of advertising (mostly food products), but the offerings are reasonable and this does give a direct identity to healthy products. It is worth considering a subscription -- see the web site for details.

www.quitnow.info.au is the Quit Line (telephone 131 848 in Australia). This is a valuable resource, if you are considering quitting or to pass on to someone you care for who does smoke (don't be afraid to make the suggestion to a smoker -- you are helping them to a much much better future). Go to the "Quitters Page". Personally I am not keen on the horrible photos, but they are the reality of smoking. I must say that, in my nearly 20 years in the health industry, smoking is clearly the most significant thief of quality of life in the second half of people's lives.

Newly released books from the series mentioned in the last newsletter include: Sports Injuries, Loss and Grief, Blood Pressure and Alternative Healing. They are concise, high quality and inexpensive. Full list and cost are available from: booktitles@healthfutures.com.au

Potato, Chickpea & Cashew Curry

Serves 6

Ingredients:

1 teaspoon olive oil

1 tablespoon mustard seeds

1 teaspoon coriander seeds

1 teaspoon cumin seeds

1 tablespoon ginger, chopped

1 tablespoon curry paste (mild or hot)

400g potatoes, peeled and diced

400g can chickpeas, rinsed

400g diced tomatoes, no added salt

1/2 cup vegetable stock or water

1/2 cup dry-roasted cashews

250g green beans

Cucumber Raita:

1 cup natural low fat yoghurt

1 Lebanese cucumber, grated

2 tablespoons chopped mint

2 tablespoons lemon juice

Method:

Heat oil in a large, heavy-based saucepan and cook the mustard, coriander and cumin seeds until they start to pop. Add the ginger, onion and curry paste and cook for 2-3 minutes or until the onion is soft. Add the potato, chickpeas, tomatoes and stock and bring to the boil. Reduce the heat, cover and simmer for 20-30 minutes or until potato is tender, adding more water if necessary. Stir in the cashews. Meanwhile combine the Cucumber Raita ingredients and refrigerate until ready to serve. Steam or blanch the green beans until just tender and keep warm. Serve curry surrounded by the beans and with the Cucumber Raita separately.

Reproduced from The Victor Chang Cardiac Research Institute Cookbook: "Fresh and Healthy".

Baked Beans on Toast *(that's not a recipe!!!)* Serves 1

Many people hesitate about healthy cooking because they feel it will be a hassle or it means a life of bean sprouts and steamed mosquito ribs. Indeed some of the recipes we present in this newsletter include quite a few ingredients (we are deliberately making selections that are a little different). Generally healthy cooking should be no more hassle than less healthy options -- good old baked beans is as easy as it comes.

A breakfast or Sunday evening meal of baked beans on toast is a great example of healthy and easy. Add some grilled tomato and it's even better. It's low fat -- you don't need much, if any, margarine. It's high fibre particularly when you use wholegrain or wholemeal bread -- in fact it's nearly half of your daily fibre requirement. Choosing low salt is a good idea, although you might want to add some pepper, herbs, chili, or something else to jazz up the flavour.

Good Health -- Great Future



We have a great deal of power over whether we develop back pain or not -- or, if we already have back pain, whether or not it gets worse. Invest five to ten minutes each day -- do it first thing (after your shower or a walk around the house to loosen up). Here are some exercises to choose from.

IMPORTANT: Don't strain and if any exercise gives you pain stop and follow up with your doctor. If you are being managed for a back condition ask the person managing the condition where these might fit with your existing regime -- check before starting.

Pelvic Tilt Lie on your back with knees bent, feet flat on the floor, and arms at your sides. Tighten your stomach muscles and flatten the small of your back against the floor, without pushing down with the legs. Hold for five seconds, then slowly release. 4 to 12 repetitions.

Half Sit-Up Do the pelvic tilt and while keeping your hips flat, curl your head and shoulders upward and forward. Reach to or past your knees. Hold briefly before slowly returning to the starting position. 6 to 20 repetitions.

Knee Rolls Lie on your back with knees bent, feet flat on the floor, and arms at your sides. Tighten your stomach muscles and flatten the small of your back against the floor. Gently roll your knees to the left (they don't need to touch the floor) and repeat to the right. 4 to 12 repetitions each side.

Half Sit-Up To Side Do the pelvic tilt and while keeping your hips flat, rotate your upper body so that the weight rests on the left shoulder. Then, curl your head and shoulders upward, raising your right shoulder higher than the left. Hold briefly before returning to the starting position. Rotate your upper body to the right and repeat the movement, this time raising the left shoulder higher than the right. 6 to 20 repetitions

Single Leg Pull Starting in the same position as for the pelvic tilt, grasp your right knee and gently pull it toward your right shoulder. Return to the starting position and repeat with the left leg. 4 to 12 repetitions each leg.

Reverse Leg Raise Lie face down, with hands under your chin. Slowly raise one leg as high as comfortable (30 cm is enough), keeping it straight. The front of your pelvis should stay in touch with the floor. Hold 2 to 3 seconds, lower slowly and repeat on other leg. 6 to 20 each leg.

Double Leg Pull Starting in the same position as for the pelvic tilt, use your hands to pull your right leg close to your chest, and then pull the left leg even with the right. Grasp both knees and pull them toward your shoulders. Return to starting position. 4 to 12 repetitions.

Cat Back On your hands and knees, relax your abdomen and let your back sag downward -- don't force it downward. Then tighten your stomach muscles and arch your back. 4 to 12 repetitions.

Hamstring stretch Place one leg, straight or slightly bent at the knee, in front of you on the floor. The other leg is bent with foot resting against the straight knee. Hands behind back (to keep back straight), bend at the waist to gently stretch back of the leg and hip muscles. Hold for 10 to 30 seconds. 3 to 6 repetitions on each leg.

Trunk Flexion Starting on your hands and knees, tuck in your chin and arch your back upward, and then slowly sit back on your heels while letting your shoulders drop toward the floor. Relax, return to the starting position, keeping stomach tight and back arched. 4 to 12 repetitions.

Make it the first thing you do each day.

Good Health -- Great Future

Issue A3

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 wholemeal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose wholegrain 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

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		
Dental Check Up		

Replies, Replacement Reports and Back Issues

The newsletter goes to many thousands of people so, usually, it is not possible to supply back issues (although they now appear in appraisal reports since April 2004) -- because of this transition we will supply the Summer and Autumn editions if requested, please make reply subject: "Back Issues".

A new appraisal report is available, but due to the number of people who have taken part, we are unable to provide new reports without charging a small fee. \$40 covers production and postage of a CD report (including your results and approximately 1000 pages of resources). Reports are sent after payment (by cheque) to: Health Futures Pty Ltd, Level 1, 44-52 Townshend Street, Phillip ACT 2606. Please indicate date of birth and previous name if your name has changed.

Seminar Offer

Firstly, there is no fee, but the offer is limited to those who have previously taken part in a health appraisal (you are welcome to bring a partner). Anyone who attended a seminar more than two years ago is also welcome (please indicate approximately when you attended).

Registrations are only accepted by email to: **seminar@healthfutures.com.au**

If the listed seminars are oversubscribed you will be offered an alternative.

Next available seminars:

Brisbane:	1 July 04
Wollongong:	29 July 04
Canberra:	23 July 04
Sydney:	3 August 04
Melbourne:	4 August 04
Hobart	12 August 04

Most seminars are in the morning for approx. three hours. Exact details and venue are provided after registration.

If the locations does not suit, you may reply and be back listed for a seminar in your region when (and if) one is scheduled.

The seminar: provides practical tools to achieve sustained positive outcomes, particularly in a busy lifestyle and when the pressure is on. A fun session that is, on average, rated above the 90th percentile by audiences across Australia. Topics include: You Can't Pick Your Parents; Eat Well & Enjoy a Drink; Fitting in Fitness; A Healthy Back; The SELF Test; Relax; Heart Disease - You are the Driver!; Cancer - You Just Could Save Your Life!

The presenter: Rob Edwards has a Bachelor of Science with majors in Anatomy & Physiology. He has presented the seminar as part of the Good Health -- Great Future program, across Australia, for the past 10 years as well as being a guest speaker at many national conferences.

As the founder of Health Futures he has, for twelve years, designed health management programs for people at all levels of business. He is the author of the book "Better Blood Pressure" -- reprinted 1993, 1997 & 1999.

His five years working in cardiac rehabilitation and two years with disadvantaged youth (an original member of the Wilderness Project team) have added to his ability to create and deliver programs that provide a lasting positive message.

"Excellent, it was the most useful training/ information sessions I've been to in 12 years." **Department of Defence**

"The key note address you presented at the conference was an excellent balance of fun and information ... is sure to remain a highlight of the conference." **Boehringer Ingelheim**

".....the seminars you presented were both eminently professional and a fun experience. You seem to have the gift of blending important health information with the right kind of motivation." **Australian Pharmaceutical Industries**

"... enlightening, balanced, entertaining & witty. We were delighted you presented at our National Sales Conference." **Micropay**

"...we appreciated your professional presentation while being able to participate in a way that was both fun and relevant to each of us. The feedback from our team has been excellent." **3M Healthcare**

"The Executive Committee complements you on an excellent presentation at our International Convention." **Aust. Pipeline Industry Assoc.**

"Knowledgeable, humorous, witty, entertaining, made a memorable session." **Capital Parkroyal**

"Presented in a clear and entertaining way resulting in a series of simple messages which you retain." **Dept of the Prime Minister & Cabinet**

"... of enormous benefit." **WIN TV**