Slide One introduction

Slide two - activity

When were you the fittest and healthiest?

Slide three – report card

Introduce the report card idea- diet exercise and mental health

Report card for me to start with 2007

Overwork – very stressful work environment

Tired

Hyperactive thyroid

Depression and Anxiety

Diet - Over or under weight , no breakfast nervous and sick – gorge at MT

Ended up at the doctor – begging to let me work and extra week

Slide four -kettle

Kettle analagy

So what things happened/ become more aware of

(not to say this is the only things on the list, but they were a start for me!)

Slide five DIET

Lucky –really good dietary upbringing

Mostly about time – once I actually started thinking about what I was going to eat it helped a bit

STOP – write down what you have eaten today

SLIDE what we should be eating from Chrissie

Write down what you ate today – how did you go?

Slide six – gardening pride

Gardening means most of our food now comes from the garden (about 95% of veges) or local producers

Rarely go to the shops

Local eating - better for you, environment and economy

Cooking by internet search – google ingredients I had

Slide Genetic Modification

* video about this issue

Genetically modified food means that genes have be transferred to give an organism new characteristics.

Nutrients can be lost in modification because most of the time they are genetically altered to produce larger, faster growing organisms.

There is concern about the potential environmental consequences from:

* The loss of genetic diversity depending on the way the technology is applied.
* The changed organism entering into the natural environment

Slide Raw foods

– smoothie demonstration

Make during the break for taste tests

Slide – eat less meat, save the earth

less meat – environmental concern, health benefits too

The green house gases emerged while making 1/2 kg meat is same as, when driving a sports  car for 64 km continuously

From 1970 to 2002, annual per person meat consumption has increased from 11 kg to 20 kg in developing countries and 65 kg to 80 kg in developed countries

Methane, an animal feed by product has contributed 18% of total emersion while vehicles contribute 13%

Slide Additives

As make more , plastic free become more aware of additives

Eating more whole foods

Eg of my two big vices – potato chips and lollies

Slide Breakfast – mum’s routine – three course meal – cereal or porridge, eggs and fruit If I eat a proper breakfast I can go for longer

Missing breakfast is associated with many health problems

Increased weight gain may be a result, as people eat more during the day which often gets stored as fat.

* Also associated with decreased intellectual ability (especially in children) and shorter life span.

Sends you into starvation mode**:** Results in you eating more food later in the day and will make you crave food associated with storing fat. *Sumo wrestlers put on weight by skipping breakfast.*

Really getting in to making my own muesli

Slide of my CURRENT SCORE progress but slipping

Slide Exercise

Not natural for me

Have always found this hard

Slide Types of exercise

Heart lung – reduces weight, diabetes, improves energy and capacity for other activity, healthy heart, clears lungs, balances everything out

Strength – maintains muscle bulk after 40 (maintains base metabolic rate), protects joints, combats low bone density

Flexibility – improves mobility, prevents injuries, makes everything in your life easier, if do yoga or tai chi type activity it leads to mind rest.

Rest – body and mind, recover and repair

Being part of having doing being

Recommendation from Dingle’s DEAL book is

* *active aerobic exercise 150 mins per week*
* *weight-bearing exercise 10 mins every second day and*
* *time to unwind every day or second day.*

Activity vs exercise

Started with peak oil – journey to and from work.

Gardening, cleaning

Got too fit – started to walk instead of ride – great stress reduction

Walking with the neighbors – now have a very supportive group

Only really got ‘it’ recently when back went

Daily swim is difference between pain and painfree day!

Slide CURRENT REPORT CARD

Progress A Achievement B

Slide Mental Health – Health for your soul

Did quite a few things – had some drug assistance for depression, counseling, Tim’s stress course.

People are different – all develop strategies that meet your need -

What I have learnt about myself –

Drugs can be useful sometimes

I need “me” time that is creative eg time when I am not tired me time does not equal sleep

Slide mirroring

Chatting each week and mirroring is our number one “fight” strategy

Slide – mindfulness – 5 4 3 2 1

5 things you can see that you did not notice before, 4 things you can hear that you did not notice before, three things you can feel that you did not notice before, two things you can smell . . . .and one thing you can taste.

TIM – activity with the strawberries

Slide Gratitude routine in the morning

Slide CURRENT REPORT CARD

B plus – Congratulations on decision to leave work! Don’t forget to build in days off and some time for your own mental health.