

# **The Healthy Ration Pack**

## **The Veteran's Guide to Self-Help**

**Jim Mavromatis**

### **The Healthy Ration Pack**

#### **Letter of Introduction**

Dear Fellow Digger,

It has been a long time since we came home from one battle and never, in our wildest dreams ever thought we would be fighting a bigger one when we came home. Like you, I never thought that I would be affected both mentally and physically to the extent that I am. That has been one big challenge, however I think the reality of my next biggest challenge is yet to face me. That is the challenge of getting old gracefully and taking healthy bones into my old age. Sounds frightening doesn't it? Old age conjures up those old buggers with their walking sticks, walking frames, dribbling out the corner of their mouths and maybe even going to the beach in your bathers not realising one testicle is hanging out. That to me is old age, not where I am now, playing guitar, singing Beatle's songs, riding around in my four wheel drive, camping, fishing and doing all those other wonderful things.

However I'm getting older and there's no point in fooling myself that I'm not going to start feeling the joints, can't shake off that last dribble, getting slower and forgetting more than I can remember. What I have started to notice also, is my belly is getting bigger and the old eyesight just ain't what it use to be. My wife has to repeat herself three or four times to get through and it seems harder to get out of bed. Now back to the belly, as I said it's getting bigger and I need to something about it, my pants are getting tighter and I notice my jacket doesn't do up as easily as it use to. They don't make clothes like they did when I was younger. Bloody things have shrunk in the wardrobe.

Now my lifestyle needs to change if I'm going to get back into those clothes and feel comfortable wearing them. I need to look at what I shove into my gob, how much I drink, and how often I go for a walk and exercise. It's these things that are going to get me into the old age with good bones, without the fear of diabetes, heart attacks, strokes, prostate and bowel cancer. Now I'm not saying I'm going to miss out on something going wrong with me, I'm only human, but I have decided to do something about it and to help reduce the chances of getting any of those things that affect so many men as they get older.

What I have done is put a little program together for myself and I want to share it with you. Together we can look at our futures as old buggers and drive the government nuts with paying us a pension when we are a

hundred years old. Now that would really get up their collective noses. Take some time and have a look at the program, think about it, and if you decide to do anything about it, start at the beginning and go for it. Simple.

Ask your wife/partner to join you in the program. No point in you getting fitter, stronger, better looking and her getting old and cranky. Matter of fact you'll find it fun doing it together, you never know you may just develop enough energy to.....you know, if you can remember. It's fun preparing the meals together, walking and exercising together, looking further and further ahead instead of worrying about the aches and pains of today.

Now I'm not guaranteeing participating in the plan is going to be the answer to all your ailments, however I am saying it's not too late to change your lifestyle and take better bones into the future, to reduce the chances of getting diabetes, heart problems, bowel cancer, prostate cancer, penile dysfunction and so on. What I can assure you is those clothes you thought had shrunk in the wardrobe all of a sudden have stretched back to their right size.

Good luck and go for it. You can do it.

Jim Mavromatis

### **Self-Assessment**

- In this Pack you will find a number of assessments which you can complete that will give you a rough guide on where you are right now with regards to your lifestyle, your weight, the types of food you eat and a number of other important issues.
  - Lifestyle (exercise see Page 5)
  - Lifestyle Score Sheet (Page 6)
  - Weight for Height/Body Mass Index Chart (Page7)
  - The Fat Reduction Quiz (Page 8)
  - The Fat Check (Page 9)
  - The Balanced Diet Pyramid (Page 11)
  - 12 Weeks and the Rest of Your Life (Page 13)
  - Goal Setting (Page 15)
  - Self Check (Page 16)
  - Habits such as smoking and drinking (Page 17)
  - Men's Health Issues (Page 18)
  - Risk Factor Test/Symptoms Test (Page 21)

### **Scoring Yourself**

- There are no right or wrong answers, however you will find useful information relating to the quiz you have completed. The aim is to give you a broader picture of the health and lifestyle problems that many Vets face as they get older.

### **What the Results Mean**

This section comprises of a serious look at what needs to be done in reducing the chances of developing diabetes, heart problems, stroke, prostate cancer and promoting general good health. It is not telling you what to do, it is giving you choices based on scientific fact. The aim is not to frighten you but to guide you on a personal basis in understanding the issues facing the Vet as he gets older.

### **What the Veteran Can Do**

The choice to do anything with the results is yours.

***“There is no use trying to help people who do not help themselves. You cannot push anyone up a ladder unless he is willing to climb himself”***

*Andrew Carnegie*

However, after you have worked your way through this package you may want to make a start. My suggestion is that you start from the beginning and work your way through the Pack. Only you can make the decision to start, just remember, this is not about fad dieting, or the occasional exercise, it is about the rest of your life and making the best of it. If you have a partner, a carer or even a friend you can share this with, you will find it much easier. You may even want to start up your own support group and do it with a few friends, either way you will benefit from it.

### **Where to seek Support**

Support for any health issue can be found with your doctor. If you are a gold cardholder, you can contact the DVA within your state or territory. The VVCS has excellent counselling facilities and the people to assist you with most problems. Do not hesitate to contact any of these people. Your psychiatrist is also available to you most hours of the day. Develop yourself a network of friends that will be there when you need help, or just someone to talk with.

### **Goals and Positive Results**

What are goals? Think of goals as little hurdles that are easily jumped and allow us to jump bigger hurdles when we are ready for it. In the Pack you will find that by setting small goals, you will eventually overcome bigger goals. For example, you want to lose 10 kilos (the Big Goal). You could do this by:

- Walking at least three times per week
- Doing some light stretching exercises (although these won't help you lose weight, it's important to stretch)
- Having a well balanced diet plan
- Changing your lifestyle to one that promotes positive weight management.

Goal setting is different for every person. You want to set goals that will work for you and when you achieve those goals, you want to be able to pat yourself on the back, give positive reinforcement and build your self-esteem and confidence for the next challenge.

You will find Goal Setting on Page

### **Next Steps**

So what is the next step? If you are feeling ready for the challenge, turn the page and join the many others who have taken it up and have decided to take healthier bones into their third age. You are going to deal with some very powerful material in this Pack. Changing the habits and conditioning of a lifetime will be very difficult. Not reaching for that extra chop, the tenth beer, the third bottle of wine is going to be tough, then again, life wasn't meant to be easy.

OK, let's get on with living and stop prematurely dying.

## Lifestyle

Here is a little questionnaire to help you understand where you are right now regarding lifestyle, that is, those everyday things you do to sustain life eg. Sleeping, eating, drinking, exercising and general well-being. There are no right or wrong answers; it is an indication of your current Lifestyle and an opportunity to change.

	YES	NO
1. I sleep at least six hours per night.		
2. My sleep is undisturbed by snoring or night sweats		
3. I feel fresh and relaxed when I wake up		
4. I would like to feel fresh and relaxed when I wake up		
5. I eat red meat at least three times a week		
6. I have more salad than meat		
7. Generally the piece of meat I have is bigger than the palm of my hand		
8. My salads consist of at least three varieties of vegetables		
9. I eat at least two pieces of fruit a day.		
10. I drink at least 6 glasses of water a day		
11. I drink more than 2 glasses of red wine a day		
12. I drink more than 4 glasses of beer a day		
13. I drink more than two shots of spirit a day		
14. I drink a combination of the above		
15. I don't drink		
16. I exercise (walk, run, swim, bike or go to the gym) daily		
17. I exercise at least three times per week		
18. I don't exercise		
19. I struggle to tie my shoelaces		
20. I am constantly short of breath		
21. I'm not as fit as I once was		
22. I would like to be fitter		
23. I have an interesting hobby		
24. I have a close circle of friends with which I can confide		
25. My partner and I get on really well		
26. I help my partner with housework		
27. I sometimes do the cooking		
28. I read at least one book a month		
29. I visit my Doctor for an annual check-up		
30. I have had a prostate check in the past 12 months		
31. I have had my blood pressure checked in the past 12 months		
32. I have had my blood glucose levels checked in the past 12 months		
33. I don't have problems urinating i.e. starting or stopping		

(Questionnaire designed by Jim Mavromatis)

Well there you go, 33 simple questions, no right or wrong answers, just a simple outlook on your life. Happy with what you see? If not you can start right now on changing your lifestyle for the rest of your life. I have put together a simple score sheet for you to read. Really, it is an indication of what some of the questions mean. There are a number of helpful ideas in the following pages. Read on and you just might find something to help you with the next steps.

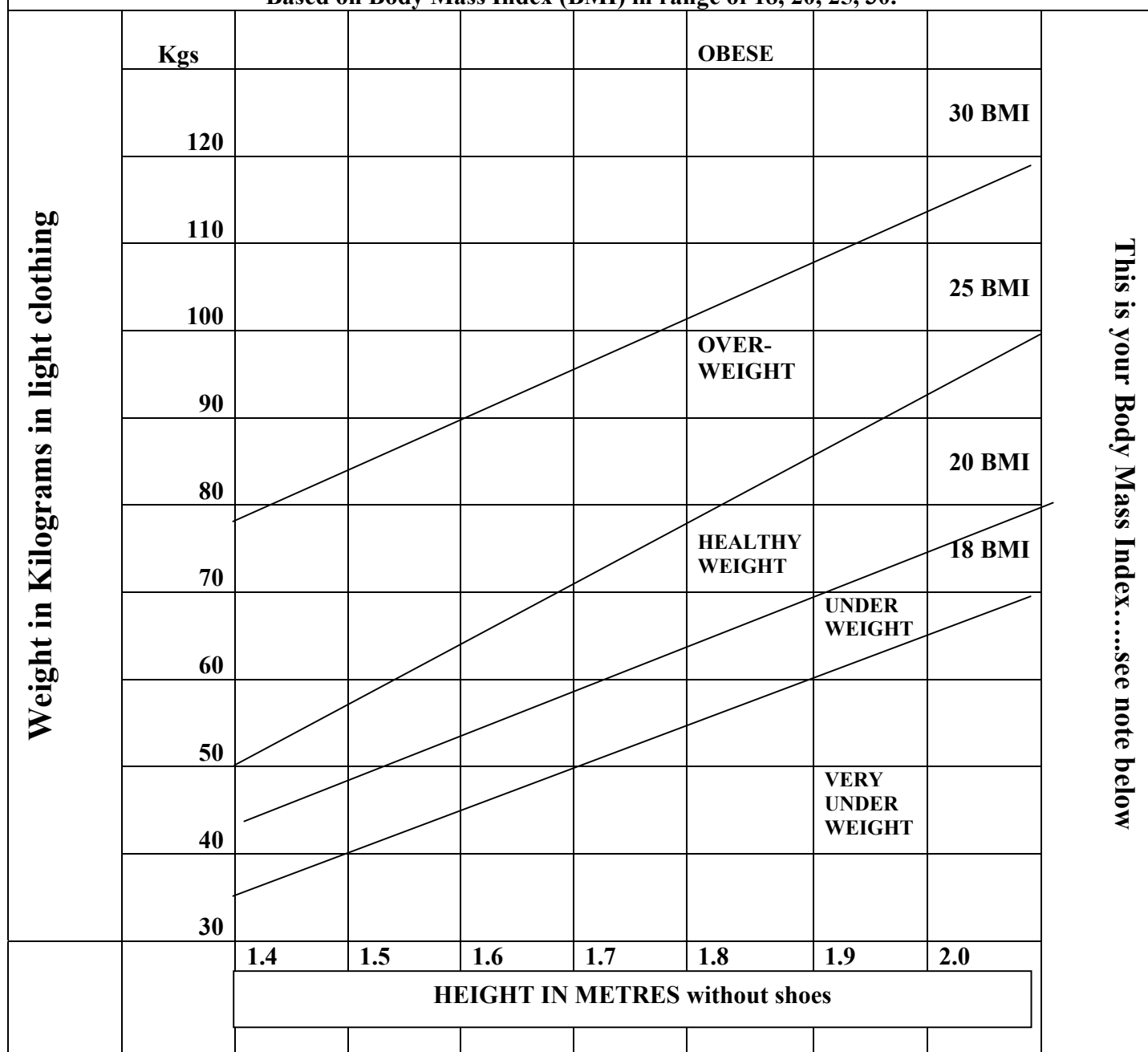
## SCORE SHEET

Here are interpretations of the above questions.

- *Rest is important. Without rest your body and brain do not function correctly, your heart is overloaded, body cells are not reproduced and generally, you will feel lousy. Drinking too much alcohol on a regular basis prevents you from having restful sleep*
- *Red meat is high in iron and is good for you; however it also contains fat, which is harmful to you. So everything in moderation, a piece of red meat the size of your palm is ok, provided it is not 10 inches thick, has all the fat removed and you have it only three times a week, grilled or BBQ'd, not fried. Instead of chips and eggs on the side, change that to heaps of salad and steamed rice. Your salad can be dressed with a low fat mayonnaise or a Greek or Italian dressing. (These are generally made with olive oil, vinegar, lemon, garlic and pepper)*
- *If you get peckish through the day, chomp on a carrot, or some fruit. You can also make yourself a big bowl of salad and keep it in the fridge for those moments. There are enough recipe books around to give you variety.*
- *Water is important for a healthy balance. You need to drink at least six glasses of water a day, maybe more if you are trying to cut down on your other drinking which dehydrates you. You never know, you might even enjoy it; I am sure your liver will.*
- *Exercise is important. It is good for your joints, your bones, your heart and your lungs. Once you have walked at a nice steady pace for at least 20 minutes, you will feel good for the rest of the day. After a while, it will become a habit you will love, you will notice inches coming off your waist and your general well-being will improve. Now if you cannot walk, try riding a bike or going for a swim. You do not have to walk, however walking gives you the best all round impact that helps maintain strength in your joints and bones.*
- *If you stand erect and as tall as you can and then you roll your head down until your chin touches your chest, can you see your penis, or your toes? Is your belly in the way? Maybe it is time to look at your eating habits and the activities you perform during your day. Shortness of breath and difficulty in tying your shoelaces maybe the result of your huge belly, which is really a normal belly surrounded by fat.*
- *Having a hobby such as painting, knitting, pottery, playing a musical instrument, wood carving helps you to relax. Hobbies take your mind off everyday stress allowing you that peaceful moment or two. Try it.*
- *Friends are there to share your good times and your bad times. Having friends to confide in is important. How many close friends do you have?*
- *Is your wife your partner or is she the hired help? Do you share jobs in and outside of the house, cooking, housework and even ironing? Sharing and caring is important in a relationship. Going into older age supporting each other will be even more important.*
- *Regular check-ups are important. It is far better to find out earlier than later when things are starting to fall to pieces. When you go to the doctor, tell him all the things you want checked, blood pressure, glucose levels, cholesterol, prostate, vision and hearing. It is your body and you want to know how things are.*
- *If you have had problems urinating, either starting or stopping or wanting to go but when you do, nothing happens, you may need to see your doctor for a prostate check-up. Prolonging this may lead to further complications.*

## Weight-for-Height Chart

For Men and Women from 18 years onwards  
Based on Body Mass Index (BMI) in range of 18, 20, 25, 30.



This is your Body Mass Index.....see note below

The Body Mass Index (BMI) is the most valid indication of weight status. It is calculated as follows: Weight in Kilograms divided by (Height in metres) squared. Eg  $w$  divided by  $h \times h = \text{BMI}$ . Or  $120\text{kgs}$  divided by  $1.6 \times 1.6 = 46.9 \text{ BMI}$ ...that's obese PLUS. Alternatively,  $110\text{kgs}$  divided by  $1.86 \times 1.86 = 31 \text{ BMI}$ ..is still obese, however  $86\text{kgs}$  divided by  $1.86 \times 1.86 = 24.5 \text{ BMI}$ , which is in the healthy weight range.

Many studies have shown that men and women from 18 years onwards with BMI between 20 and 25 have the least risk of disease and death.

Like anything else, there are always exceptions.

Courtesy of Rosemary Stanton's Healthy Cooking

# Fat

Much of the fat that we eat is hidden inside foods such as cakes, biscuits, lollies, pies, pastries and fast foods. We eat more fat than we know and see. To confuse the issue, fat comes in different types, good fats and bad fats, saturated, mono-unsaturated and polyunsaturated. Of all the fats we eat, research points to the mono-unsaturated and polyunsaturated fats as being the ‘good fats’, especially in relation to blood cholesterol levels. Cholesterol itself is found in foods such as eggs, meat, offal, shellfish, chicken and dairy products. More emphasis is often placed on the cholesterol in foods than the fat hence everyone raving about “Cholesterol Free”. Although eating too much cholesterol is still considered a bad practice, it is the saturated fat in food that increases blood cholesterol levels even more than eating cholesterol itself. Saturated fat is the “ugly” dietary fat.

OK Try this quiz

## FAT REDUCTION QUIZ

	YES	NO
1 I mostly use reduced-fat dairy products		
2 I always cut the fat off meat		
3 I always remove the skin from chicken		
4 I fry food no more than once a week		
5 I eat high-fat snack foods such as potato chips, chocolate no more than once a week		
6 I spread butter or margarine thinly on bread, or use none at all		
7 If I use oil, I use less than one tablespoon for 4 serves. (tick YES if you don't use oil)		
8 I cook in poly-unsaturated or mono-saturated oil (olive or canola) instead of butter or dripping. (Tick YES if you don't cook in fat or oil)		
9 I avoid salad dressings or use no-oil varieties		
10 I snack on bread, fruit and cereals in preference to biscuits and cake		
11 I avoid cream		
12 I avoid using butter, margarine or sour cream on vegetables		
Total		

Scoring: For each Yes answer score 1 point. The higher your score the better

So, how did you score? Don't worry, you're about average. What you need to do now is to observe what you eat, how much fat is associated with it and then try and reduce the fat intake. It's a real blow to us blokes that like to woof into the chops on the barby, then the snags. Full of fat and absolutely no bloody good for us.

There are some great books available about fats. One I like is called “Fats and Figures” by Karen Daly. It has lots of great low fat recipes and some real yummy sweet stuff. I have also bought a few others with absolutely delicious recipes that takes the boredom out of losing weight. They are “Living Lite” by Sandy Frazer, “The Taste of Fitness” by Helen O'Connor and Donna Hay and “Healthy Cooking” by Rosemary Stanton. Now if you cannot get a decent meal out of that, call me and I will come and cook it for you.

On the next page you will find a fat content guide of some of the foodstuffs I like. Being a Vet like me, I have made the assumption that our taste buds are very similar, however when you look at the amount of “BAD” fats in these foods, you will see why I put on weight and am now working very hard to lose it.

## Fat Check

FOOD	SERVING SIZE	FAT (Grams)
Margarine – full fat	1 tbsp	15
Butter	1 tbsp	16
Oil (cholesterol free, light)	1 tbsp	20
Cream – full fat	1 tbsp	7
- light	1 tbsp	4
Mayonnaise – full fat	1 tbsp	15
- 97% fat free	1 tbsp	0.10
Peanut Butter	1 tbsp	13
Almonds – unsalted	50 grams	27
Olives	10 medium	3
Milk – full fat	1 cup = 250 mls	10
- reduced fat	1 cup	4
- skim	1 cup	0
Cheese – cheddar	30 grams	10
- cream – full fat	1 tbsp	8
- cream – light	1 tbsp	2
- low fat	30 grams	7
- cottage	1 tbsp	0
- ricotta	1 tbsp	2
Ice Cream – full fat	2 scoops	10
- low fat	2 scoops	1
Beef, lean, grilled	100 grams	8
Lamb Chops, grilled	100 grams	14
Beef Sausages	2 thin	28
Bacon Rasher – fried	2 rashers	26
Salami	2 slices	23
Leg ham	2 slices	10
Chicken Breast, no skin, grilled	100 grams	8
Fish Grilled	100 grams	3
Fish Fingers, grilled	4 fingers	10
Potato – boiled	1 medium	0
- chips fried	100 grams	14
- crisps	1 pkt (35 grams)	12
Pizza – regular supreme	3 slices	22
McDonalds	¼ pounder	32
Hungry Jacks	Whopper	26
Meat Pie	Average size	14
Pasty	Average size	15
Sausage Roll	Average size	18
Donut	Average size	21
Fruit Bun	Unbuttered	14
Lamington	Average size	12
Custard Tart	Average size	13
Chocolate bar	50 grams	15
Muesli Bar	33 grams	20

Courtesy Kilojoule Guide (Slimming Magazine 1996)



## Understanding Food

You can get caught up with all the hoo-haa that's going about regarding weight loss, such as carbohydrate diet, protein diet, Dr Atkins, Pritikin and so on. They all mean well, however they are diets. What we are dealing with in the Health Pack is LIFESTYLE CHANGE. Lifestyle change is about you changing the way you eat, what you eat, when you eat and exercise. It's not about just eat carbs or protein or do this or that, it's about you wanting to change your life, because you want to, not because you have to. This Pack is yours to do what you want with, chuck it in the bin, use it to start a fire or start the rest of your life. It's up to you. There will be no one standing over your shoulder telling you that if you don't use it or start exercising something drastic is going to happen. We know all that, at the end of the journey we all die, however wouldn't it be nice if the remaining years of our life were more comfortable, free of those things that we prevented because we chose to change our lifestyle.

As I said earlier, I recognised that I needed to change what I was eating and why. At the end of each month I would "weigh in", measure my waist, chest, hips, weigh myself and recalculate my BMI. By the end of the 8<sup>th</sup> week, I was looking for more information about what I was eating and found several good publications that could help me. I found:

- Living in the 21<sup>st</sup> Century by Diabetes Australia
- Fats and figures by Karen Daly
- The Kilojoule Guide from Slimming Magazine
- Healthy Cooking by Rosemary Stanton
- The Taste of Fitness by Helen O'Connor and Donna Hay

These are excellent publications, however there are so many on the market now, I'm sure you will find many that will give you guidance and some great menus. They provided me with an excellent variety of low-fat and very tasty meals as I just didn't think I could live just on salads. I also learned that I needed to reduce my daily fat, salt and sugar intake and that too large amounts of these would only go onto my hips if I did not work hard enough physically to burn the excess fat and sugar.

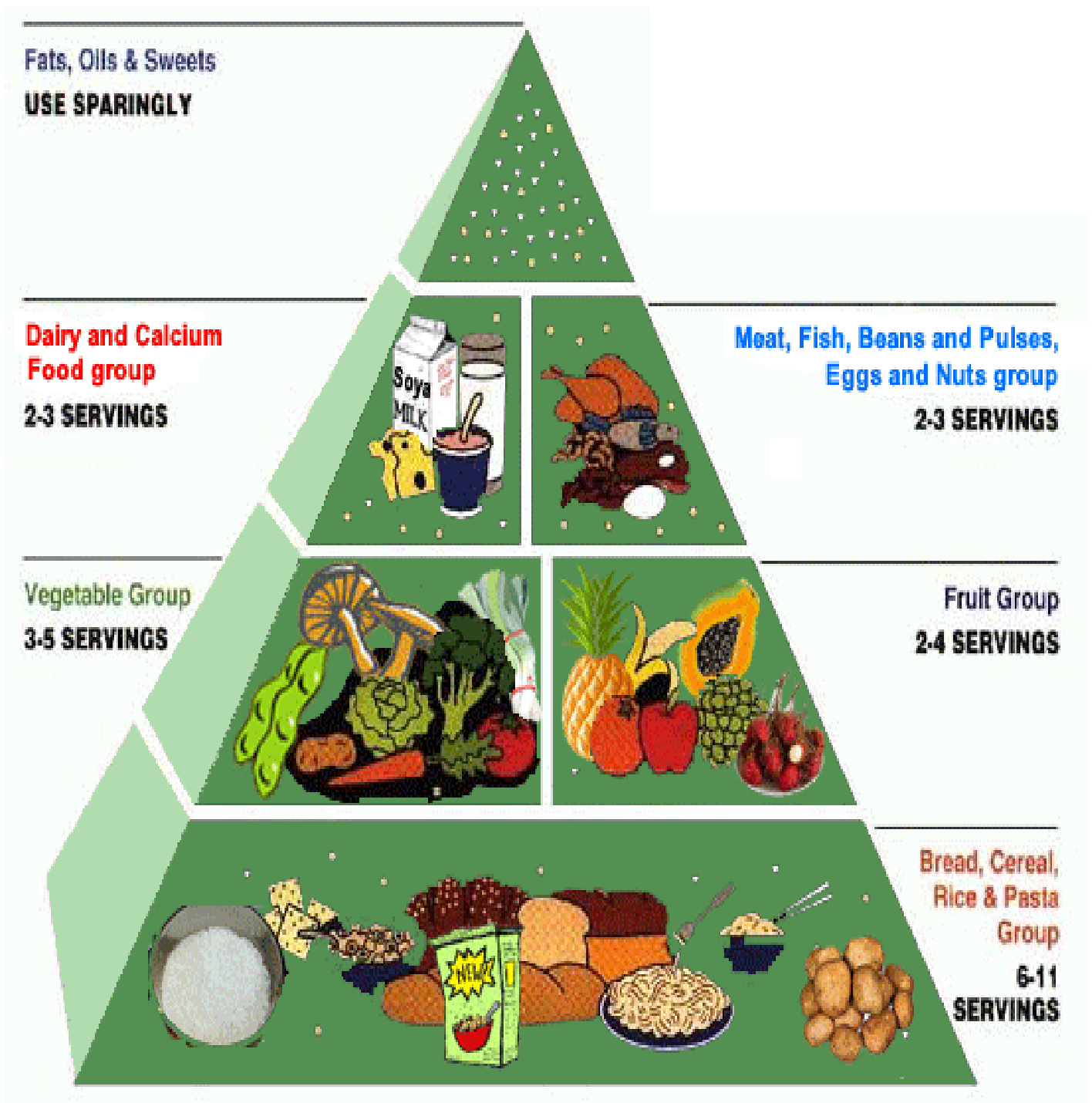
I am not an expert in any of these food areas, however I found enough information in these books to give me a very clear understanding that my lifestyle needed to change. I also learnt why I was losing weight, why diets just do not work and that losing fat is weight loss, and toning and building muscle is weight gain. After a while you start to see changes in your body shape, that's the bit I like.

There are three main components to successful weight management:

- The type and volume of food consumed
- The type and frequency of physical activity
- The impact behind food choices.

Aim to eat a balanced food mix. On the next page you will find the Healthy Food Pyramid which indicates all food can be eaten however, a correct balance is the key. Understanding what the difference is between **Eating Moderate** and **Eating Least** is extremely important to your weight loss and eating lifestyle change.

# Food Pyramid



*Courtesy Australian Food Industry Council*

## **Five a day**

Scientific studies have shown that people who eat a lot of fruit and vegetables may have a lower risk of getting illnesses, such as heart disease and some cancers. For this reason, health authorities recommend that you eat at least five portions of fruit and vegetables every day - and it doesn't matter whether they're fresh, tinned, frozen, cooked, juiced or dried.

## **How much is a portion?**

- One piece of medium-sized fruit - eg, an apple, peach, banana or orange.
- One slice of large fruit, such as melon, mango or pineapple.
- One handful of grapes or two handfuls of cherries or berry fruits.
- One tablespoon of dried fruit.
- A glass (roughly 100ml) of fruit or vegetable juice.
- A small tin (roughly 200g) of fruit.
- A side salad.
- A serving (roughly 100g) of vegetables - eg, frozen or mushy peas, boiled carrots or stir-fried broccoli.
- The vegetables served in a portion of vegetable curry, lasagne, stir-fry or casserole.

## ***Top tip***

***Next time you're shopping, buy one new fruit or vegetable you've never tried before or didn't like as a child. Tastes change and by exploring new foods you'll be giving your tastebuds a treat and doing your body a favour.***

So how does this advice translate to real life? How do you make sure that you get your five portions a day? Here's some ideas:

- Glass of pink grapefruit juice for breakfast = 1 portion.
- Small pack of dried apricots for mid-morning snack, instead of a chocolate bar or bag of crisps = 1 portion.
- Side salad with lunch = 1 portion.
- Sugar snap peas and asparagus, served with main meal = 1 portion.
- Strawberries with dessert = 1 portion.

## ***Top tip***

***If you're worried about whether you're getting the right amount of nutrients from fruit and vegetables, add some colour to your life. Many nutritionists recommend eating something green, something red and something citrus every day to guarantee a good mix of vitamins and minerals.***

## **12 Weeks and the Rest of Your Life**

Any change to a routine is hard. I found the first 12 weeks the toughest as I needed to change a number of habits. My habits developed over my lifetime after being discharged from the Army. Bit by bit I added inches to my waist, back, shoulders legs and I was becoming more breathless as the years passed. Clothes sizes started getting larger and I had gone from a healthy 96 kilos to 121 kilos. Not only that, I was constantly under pressure at work, I didn't know I was suffering from PTSD, I was working long hours and drinking and eating all the wrong foods, even though my wife gave me a healthy diet of vegetables and light meats, I would pig out at the canteen, the bar or the nearest take away.

It wasn't until I became ill with PTSD and had to stop working, start taking medication and slowing right down, that I needed to change my lifestyle or I wouldn't make it to a ripe old age. Therefore, I set about doing things in small blocks. If I were going to change my lifestyle it would be bit-by-bit, one day at a time, and one-step at a time.

Firstly, I had to get up and get moving and once I achieved that, I saw the need to get into a routine. I gave myself four weeks. If this was to work, I would look further down the track at another four weeks. The four-week plan worked, however I still needed motivating as I felt nothing really was happening. I made the mistake and weighed myself daily....DON'T, you will be discouraged as the changes do not occur on the scales. I was losing inches, but because I was so use to wearing tracksuits and T-shirts I didn't notice the body changes. I then realised after reading many books on losing weight that fat is lighter than muscle and as I was losing weight, I was toning muscle. That's when I jumped onto the Body Mass Index Chart and started again with calculating my BMI, weighing myself, measuring my hips, thighs, waist and chest.

As I had already completed the first four weeks, I decided to up the ante. I now had all my new measurements including my BMI, and so I added more time to my walk and increased the repetitions of my weight and sit-up routine. I was actually enjoying water, drinking at least six glasses a day, or about 1.5 litres.

By the end of the 8<sup>th</sup> week this is what I saw:

- My BMI went from 35 to 31.1
- My weight has dropped from 121 Kilos to 115 kilos
- My waist has reduced by 15 mms
- I am now walking 40 minutes every day
- I'm enjoying water

By the time you receive this Pack, I will have achieved my first few goals of:

- Lose ½ kilo per week
- Walk non stop for 1 hour
- Drink 1.5 litres of water per day
- Have four AFDs (Alcohol Free Days) per week
- Reduce the amount of fat I eat ( I now allow myself 30-40 grams of fat per day...more on this later)
- Eat more vegetables and fruit daily

So there's my first 12 weeks in a nutshell.

## 12 Weeks and the Rest of Your Life

or

### *How I Started Living and Stopped Dying Prematurely*

<b>Step 1 Establish your Body Mass Index (BMI)</b>		<b>BMI =</b>	<b>Weight =</b>		
<b>Step 2 Measure Waist, Chest, Hips</b>		<b>Waist =</b>	<b>Chest =</b>	<b>Hips =</b>	
<b>Step 3 Exercise :</b>					
	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>	20 min Walk	*****	20 min Walk	*****	20 min Walk
<b>Week 2</b>	20 min Walk	*****	20 min Walk	*****	20 min Walk
<b>Week 3</b>	20 min Walk	*****	20 min Walk	*****	20 min Walk
<b>Week 4</b>	20 min Walk	*****	20 min Walk	*****	20 min Walk
<b>Weigh In</b>	<b>Weight =</b>	<b>Waist =</b>	<b>Chest =</b>	<b>Hips =</b>	<b>BMI =</b>
<b>Week 5</b>	40 min Walk	^^^^^^^^	40 min Walk	^^^^^^^^	40 min Walk
<b>Week 6</b>	40 min Walk	^^^^^^^^	40 min Walk	^^^^^^^^	40 min Walk
<b>Week 7</b>	40 min Walk	^^^^^^^^	40 min Walk	^^^^^^^^	40 min Walk
<b>Week 8</b>	40 min Walk	^^^^^^^^	40 min Walk	^^^^^^^^	40 min Walk
<b>Weigh In</b>	<b>Weight =</b>	<b>Waist =</b>	<b>Chest =</b>	<b>Hips =</b>	<b>BMI =</b>
<b>Week 9</b>	1 hour Walk	#####	1 hour Walk	#####	1 hour Walk
<b>Week 10</b>	1 hour Walk	#####	1 hour Walk	#####	1 hour Walk
<b>Week 11</b>	1 hour Walk	#####	1 hour Walk	#####	1 hour Walk
<b>Week 12</b>	1 hour Walk	#####	1 hour Walk	#####	1 hour Walk
<b>Weigh In</b>	<b>Weight =</b>	<b>Waist =</b>	<b>Chest =</b>	<b>Hips =</b>	<b>BMI =</b>

\*\*\*\*\* = Light Weights. Arm Curls, Shoulder Press + 10 crunches with knees raised ( or more)

^^^^^^^^ = Light Weights. Arm Curls, Shoulder Press + 15 crunches with knees raised ( or more)

##### = Light Weights. Arm Curls, Shoulder Press + 20 crunches with knees raised ( or more)

#### Some Tips

- How to calculate your Body Mass Index (BMI)  

*Weight in Kilograms divided by (Height in metres squared )*
- Before exercising, visit your Doctor
- Set goals and objectives
- Make sure you wear comfortable clothes
- Buy good footwear
- Drink at least 4-6 glasses of water a day
- Do not stress yourself, start slowly and build up
- Start with lightweights, you are not out to become another Arnie.
- Most importantly, as you lose weight and tone muscle, you may not see a weight loss as muscle is heavier than fat. However, what you should see, feel, and notice, is your clothes becoming looser, your waist becoming smaller and finding you have more energy. What is equally important is your diet. You will need to look at what you shovel into the burner...does the fire burn all the fuel or is some still being stored.
- Pretend you are a car with a 100 litre fuel tank and that you can do 100 kms on 100 litres. With the above, aim to do 100 kms on 75 litres of fuel, in other words less into the tank and use up the reserve tank. Once the reserve tank is gone, you will find you are doing your 100kms still on 75 litres of fuel.

Designed by Jim Mavromatis

## Maintaining a Healthy “keep fit” Lifestyle



*Maintaining a 'keep fit' lifestyle doesn't mean being confined to a sweaty gym or paying homage to stretch latex in an aerobics studio. Choose an activity that you actually enjoy and you're more likely to stick with it.*

To give you a rough guide to suitable activities, whatever your current fitness level, see where you fit in the chart below. Activities are explained below.

Current Fitness	Time	Cost	Activities
Not very fit	Not much time	Cheaper	Non sport/swimming
Not very fit	Not much time	Cost no problem	Gym/bowling
Not very fit	Plenty of time	Cheaper	Cycling/walking
Not very fit	Plenty of time	Cost no problem	Dance/gym/t'ai chi
Fairly fit	Not much time	Cheaper	Running/non sport
Fairly fit	Not much time	Cost no problem	Swimming/yoga
Fairly fit	Plenty of time	Cheaper	Classes/yoga
Fairly fit	Plenty of time	Cost no problem	Team games/golf/racket sports

The cost of activities varies. Private classes and gyms may be more expensive than council-run alternatives. Some, especially council-run leisure centres, may have specific deals for people over 50 or 55 or those on pensions or TPI.

Don't forget the VVCS has specific exercise programs on offer such as, Heart Health. Phone your local VVCS for more information.

### Activities

**Dance.** Belly dancing, line dancing, tea dances and creative dance are all popular and are good for suppleness and mobility.

**Yoga.** There are different types of yoga, some more strenuous than others. Hatha yoga is good for those who aren't too supple to start with.

**T'ai chi and other Martial Arts.** T'ai chi is peaceful and mentally relaxing, and also has many health and fitness benefits. It's suitable for all fitness levels. Other martial arts - such as tae kwon do, tukido, karate and aikido - are more demanding, but if you're in good health and have basic fitness, give them a go - they're not just for youngsters.

**Bowling.** Ten-pin, green, petanque, indoors or outdoors - bowling may look gentle but it's active. Petanque, the French game sometimes called boules, is increasingly popular, with clubs forming in most cities. If you live in the country and don't have a club, start one, not only will you enjoy the game, you will meet other enthusiasts.

**Gym sessions.** Local gyms will give you help and advice. They're not too expensive and some may design a fitness programme for you to follow. Some may also have set times for older clients if you feel out of place with the 20-year-olds. Check out COTA's Living Longer Living Stronger program through the VVCS.

Group sports, such as **football** and cricket, are great for making friends. If you want something more demanding than a kick-about, look for veterans' leagues in your area.

**Golf.** It can be expensive to buy clubs and a private club membership isn't cheap, so try the council-run course first.

Other activities you might want to give ago include:

- **swimming**
- **walking, jogging or running**
- **cycling**
- **racket sports**, such as tennis, badminton and squash

For information on activities available in your area, try the following:

- Contact the DVA or the VVCS in your state for help.
- Your local paper - local free sheets often advertise local fitness classes.
- Your local council will have information on council facilities and council-run activities.
- Local shops and libraries may display posters advertising classes in the area.
- Ask around. Someone you know might already be doing an activity you fancy. Ask if they'd mind if you went along.

### **Non-sport activities**

These are things you might do already. Just put a little more effort in and do them regularly and you'll soon feel the benefit. Examples include walking the dog, gardening, using the stairs instead of the lift, cycling to the shop for the daily paper, dancing to the radio, activities with grandchildren (frisbees, kites, balls), walking to the next bus stop or getting off a stop earlier, rowing a boat at the park, even (don't laugh) - sex. Whatever you do, just enjoy it.

### **Goals and Positive Results**

So what are goals and why do we need them? I always think of goals as a trip from one capital city to another, say Adelaide to Melbourne. The main goal is to leave Adelaide and drive to Melbourne. However, there are a number of smaller goals I must set before I leave on my trip by road. I want to arrive in one piece, not fatigued or have been involved in an accident of my doing. I want to ensure my car is functioning at peak level, that I will not run out of petrol and my spare tyre is in very good condition. I will also need to stop along the way for meal and toilet breaks and ensure I get some sleep. I need to look at a map and plan my trip, where I will stop for fuel, food and overnight stop, I will need to get my car serviced and check my spare tyre is in good condition. I may even need to check my RAA membership is up to date, just in case I need their help. So you can see my trip from Adelaide to Melbourne is just as simple as jumping in the car and taking off, there needs to be some goal setting (Planning) before I leave.

Changing your lifestyle is no different, you need goals (Plans) and you need to make them achievable and realistic. You will need to look at each goal as you get nearer to it to adjust it or to set another that is it may be too near or too far away. Here is an example of a goal I set:

Main Goal: To lose 6 kilos in 12 weeks. (That's ½ a kilo a week)

To lose 6 kilos, my smaller goals are:

- Buy good fitting walking shoes and socks
- Buy good fitting shorts and T shirt
- Weigh and measure myself
- Organise a drinking bottle
- Walk 20 minutes every third day
- Exercise in between walking days for a minimum of 20 minutes
- Rest on the 7<sup>th</sup> day
- Stretch after walking and exercising
- Increase exercise activity after each four weeks
- Increase walking time after each four weeks
- Improve my eating habits, eat less fat, eat more fruit and vegetables
- Reduce my alcohol intake (aim for at least three Alcohol Free Days per week)
- Drink at least 1.5 litres of water per day
- Reward myself at the achievement of my target (nothing full of fat)

You can see by my goal setting that it is no different from my road trip, one major goal and quite a number of smaller, achievable goals along the road. Most importantly, I treat myself to something if I achieve my goals. I also tell myself that I am doing a good job and I should be proud of myself.

Goal setting is different for each person and your goals may be set for other reasons, eg to improve your health, to save money, to be nice to your wife. It doesn't matter as long as they are realistic, measurable and achievable. Most importantly, as you achieve your goals, make sure you reward yourself, take yourself to a movie, buy some new clothes, and have that lean piece of steak you have been craving for, however try not to ruin all your good work.

Over the page you will find a fairly simple goal setting table. All you do is write in your main goal and then break it down into simple bite-size chunks, one-step at a time, achievable, and rewarding.

***“A journey of a million miles begins with one step forward”***

*Confucius*



**MAIN GOAL:** *An Example To reach my ideal body weight by Xmas 2006 (96 kilograms, currently 115kgs)*

**To achieve this I will:**

- *Change my lifestyle incorporating exercise, dietary changes and alcohol reduction*
- *Decide when I will start and start on that day.*
- *Make sure my wife shares the program with me and can support me*
- *Join a Heart Health program if it is available, if not*
- *Commence walking every second day, see if neighbours or friends will join me*
- *Exercise in between walking days, find a basic exercise chart or go to the gym*
- *Read up on food , what's good, what's bad.*
- *Plan my meals with wife, reduce the amount I eat*
- *Drink at least 1.5 litres of water daily*
- *Aim to lose ½ to 1 kilo per month*
- *Celebrate milestones, losing a kilo, or reducing my waistline*
- *Look at alternative activities so I don't get bored*

**Main Goal:**

**To achieve this I will:**

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**Main Goal:**

**To achieve this I will:**

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## How Am I Going?

If you have followed your plans of exercising and walking three times a week, drinking lots of water and have begun to change your eating and drinking habits, you should have noticed the following:

- You're not struggling to tie your shoelaces
- You're not as puffed when you get home from your walk
- Your clothes are loosening up
- The distance you are walking seems shorter
- You are walking faster
- Your arms and legs no longer feel like they are about to drop off
- You are sleeping better
- Water actually tastes OK
- Your flexibility is improving
- Your energy and vitality levels have increased
- You seem to have more stamina
- You see food differently
- You are actually enjoying salads and fruit
- You would like to add a couple more boxes to this list

If you can tick three or more of the above, give yourself a big pat on the back. You have achieved some important milestones in your new lifestyle habits.

Here are some suggestions for you:

- Review your goals, reset them and create improved challenges for yourself.
- Visit a sports shop and talk to an expert about heart monitors and pedometers which will add another dimension to your exercise schedule
- Visit a Diabetes Australia office and have a look at their material. They have some fabulous recipe books and some very helpful information about preventing diabetes and managing diabetes. If you can't get to an office, try the website on <http://www.diabetesaustralia.com.au/home/index.htm>
- Increase your workload without overdoing it
- Get friends to join you in your newly found exercise regime, show them how you do it, and however remember they may not be at your level.
- Test your flexibility; can you touch your toes with your knees apart or close together
- Visit your doctor before and after your 12 weeks and see if there is a noticeable difference. It's nice to get a professional opinion.
- Try to go as many days as you can without drinking alcohol, or if you can't do that, see if you can limit yourself to just two standard drinks per night.
- Aim to reduce your alcohol intake

If you have reached this point, you should be feeling good about yourself. This has been a tough 12 weeks and it doesn't stop here. This is the rest of your life and hopefully the results you have achieved will spur you on to maintain a healthier lifestyle. There is only one person that has total control over what you do, what you eat, what you drink and that one person is you.

***"You Control You"***

## Habits

### Smoking

Habits of a lifetime can be broken. However, it takes a lot of hard work and dedication and it is a matter of wanting to break a habit rather than having to break a habit. In other words, it is easier to do something you want to do than doing something, you have to do...or else something nasty is going to happen to you. It is far better to enjoy the pleasures of fresh air and living a better life than the threat of dying from lung, mouth, stomach or bladder cancer, or chronic obstructive airway disease if you don't quit smoking. Alternatively, it is better to enjoy the pleasures of watching your grandchildren growing up than to have to give up smoking because it is making you blind. The difference is wanting to rather than having to.

We all know the dangers associated with smoking; cancers, heart and circulatory problems, penile dysfunction, and the horrors go on. You can kick the habit, however hard, if you want to you can. We all know of people that lived to a ripe old age and they smoked a hundred fags a day, that was them, they were the exception. We are focussing on you.....give it up ...or else. No, give it up because the minute you stop, your body starts to say "Thank You". Give it up because "**you want to**", not because "**you have to**".

### Deciding To Quit Smoking            Step 1

Do you know why you want to stop smoking? People who have quit say it's important to be clear about your reasons. Here are some of the best reasons we know.

#### Smoking kills

Every year, about 19,000 Australians die from diseases caused by smoking.' One in two lifetime smokers will die from their habit. Half of these deaths will occur in middle age.'

#### Cigarettes are full of poisons

Tobacco smoke contains over 4,000 chemicals.' As well as tar and nicotine, there is also the gas carbon monoxide (found in car exhaust fumes), ammonia (found in floor cleaner) and arsenic (found in rat poison).' At least 43 of the chemicals in tobacco smoke are known to cause cancers of the lung, throat, mouth, bladder and kidneys." Tobacco smoke also contributes to a number of other cancers.

- **Nicotine** is the addictive drug in tobacco.' The mixture of nicotine and carbon monoxide in each cigarette you smoke temporarily increases your heart rate and blood pressure, straining your heart and blood vessels.' This can cause heart attacks and stroke. It slows your blood flow, cutting off oxygen to your feet and hands.' Some smokers end up having their limbs amputated.
- **Tar** coats your lungs like soot in a chimney and causes cancer. A 20-a-day smoker breathes in up to a full cup (210 g) of tar in a year.' Changing to low-tar cigarettes doesn't help because smokers usually take deeper puffs and hold the smoke in for longer, dragging the tar deeper into their lungs."
- **Carbon monoxide** robs your muscles, brain and body tissue of oxygen, making your whole body - especially your heart - work harder." Over time, your airways swell up and let less air into your lungs."

***Fact 1. Quitting smoking at any age will result in major and immediate health benefits. This applies to people with and without diseases caused by smoking.***

***Fact 2. Two hours after stopping, all nicotine is out of your system. In about two days, all the nicotine by-products have gone.***

## Smoking causes disease



Smoking is a slow way to die. The strain put on your body by smoking often causes years of suffering.

**Emphysema** is an illness that slowly rots your lungs. People with emphysema often get bronchitis again and again, and suffer lung and heart failure

**Lung cancer** is caused by the tar in tobacco smoke." Men who smoke are ten times more likely to die from lung cancer than non smokers.

### **A diseased lung stained by tar. (opposite)**

*This lung removed from a smoker, shows a lung cancer (white tissue) blocking the main air passage to the right lung. The tumor extends to the outside of the lung.*

*Picture courtesy of the Prince Charles Hospital Department of*

*Pathology and Medical Photography*

**Heart disease** and strokes are also more common among smokers than non-smokers-' Smoking causes fat deposits to narrow and block blood vessels which leads to heart attack.' Smoking causes around one in five deaths from heart disease.' In younger people, three out of four deaths from heart disease are due to smoking."

## More good reasons to quit

- **Confidence.** Quitting smoking is a challenge. Once you have quit, you will know you can succeed at a difficult job and take control of your life. Quitting helps you believe in yourself and take on other challenges.
- **Fitness.** Smoking makes it harder to exercise and reduces the benefits to your body." Smokers have more coughs and colds than non-smokers and take longer to feel well again.'
- **Money.** In a way, giving up smoking is like getting a pay rise, as much as \$2500 a year if you smoke 25 cigarettes a day.
- **Your appearance.** Skin starved of oxygen by smoking becomes dry and grey." Wrinkles around the eyes and mouth develop much earlier,"" and the tar stains your teeth and fingers.
- **Fertility and childbirth.** Men who smoke may suffer impotence due to damage to the blood vessels in the penis." Sperm quality and density can also be affected by smoking. Smokers may produce less sperm and their sperm may have more abnormalities.' Women who smoke take longer to conceive and are more likely to have a miscarriage.""
- **Babies** born to mothers who smoked in pregnancy are more likely to be premature, stillborn or die shortly after birth." A baby exposed to tobacco smoke has a higher risk of dying from cot death."
- **Children** whose parents smoke are more likely to get pneumonia and bronchitis in their first year of life, to suffer from more frequent and more severe asthma attacks and to become regular smokers themselves.

***"You can't be intelligent and smoke at the same time"***

## Getting Ready to Quit

### Step 2

Smokers who plan before they quit are more successful than those who don't, and planning can be done quickly. There are four stages of getting ready:

1. Understand your nicotine addiction
2. Know why you smoke
3. Plan ways to deal with quitting
4. Set a date to quit

#### 1. Understand your nicotine addiction

Nicotine is a drug that produces many different effects on the body at the same time'. It stimulates your system, even though it makes you feel relaxed. Nicotine affects the chemicals in your brain and, after a puff, you usually feel good for a moment or two.

New smokers often feel dizzy and sick from tobacco smoke, but they get used to its effects.' As they continue to smoke, smokers' bodies learn to depend on nicotine and they can smoke more and more.

When smokers stop, most get cravings, they can feel anxious, hungry and irritable, and they find it hard to focus on what they are doing.' Even after giving up smoking for long periods, most smokers who try to just have an occasional cigarette quickly return to regular smoking. Surprising as it sounds, research shows that for many smokers their addiction to nicotine is similar to addiction to heroin or cocaine. For example, research shows that some smokers cannot bring themselves to quit even though they think smoking is harmful they don't believe that **they** will be affected.

#### 2. Know why you smoke

All smokers have their own smoking habit, and these habits are often tied to certain moods, events or places. Some of the most common reasons why people smoke are:

- **emotions:** feeling stressed, upset, angry or frustrated
- **pleasure:** to enjoy something even more or to reward yourself
- **social pressure:** feeling part of the crowd
- **habit:** feeling used to doing things while smoking
- **addiction:** to satisfy the craving for nicotine

#### 3. Plan ways to deal with quitting

##### Telephone the Quit office in your state

You can get some help in planning how to quit.

##### Visit your doctor

If you have asthma, are overweight or have other health problems or would like more advice, visit your doctor and talk about your plan to quit smoking. Your doctor might recommend using nicotine gum or patches or want to see you for regular checks.

## **Nicotine gum and patches**

If you are a heavy smoker, using nicotine gum or patches in the first few weeks or months of quitting may improve your chance of success. However, most people who succeed go cold turkey. Your doctor or pharmacist can explain to you how to use gum or patches safely.

## **Plan for your most risky times**

You'll know when you are most likely to light up. Work out how you will deal with these situations (see Step Three: **Quitting** and Step Four: **Staying a Non-Smoker** for ideas).

## **Find a quitting partner**

Set a quit date with a friend or workmate and plan to quit together. Consider doing a Quit course.

## **Get help from friends and family**

Tell your family and friends you plan to quit, and explain how they can help and encourage you. Look at your Smoking Record and check whether any of your family and friends actually makes you want to smoke. It may be best to simply avoid the subject with them.

**TRY THIS Clean up the day before your Quit Day. Check your house, car, workplace (and anywhere else that has anything to do with smoking) and throw out cigarettes, lighters and ashtrays.**

## **4. Set a date to quit**

Unless there is a very good reason, make the date within two or three weeks from now. Choose an easy date to stop, one when you will not be under much pressure, but will have plenty to occupy yourself.

## **Some words about weight gain**

When you quit smoking, you may gain weight, although not all ex-smokers do. Of those people who do gain weight, half put on less than two kilos.

Many smokers are underweight because smoking suppresses the appetite and nicotine speeds up the body's processes." When you stop smoking, your body needs less energy; however, you may feel hungrier.

For some smokers, worrying about putting on weight stops them from trying to quit. If you are one of those people, remember:

- Not everyone gains weight when they stop smoking.
- Be informed. Find out whether you will still be in the normal weight range for your height and age if you put on up to two kilos.
- Act on your concerns. Talk to a doctor or dietitian, and make a sensible eating plan.
- Exercise. It's the best way to keep your weight down, and it keeps you fit.
- Eat healthy snacks. But be realistic, allow yourself some treats.

## Deciding to quit checklist

- *I'll reduce my risk of heart attack.*
- *I'll reduce my risk of getting cancer.*
- *I'll feel fitter and my skin will look younger.*
- *Within two hours, my body will be free of nicotine.*
- *I'll set a great example for the children around me.*
- *My lungs will start to repair themselves, getting rid of the build-up of tar.*
- *I'll have more money to spend any way I choose.*
- *My teeth will be whiter.*
- *I'll give myself a confidence boost by quitting cigarettes.*

## Quitting

### Step 3

Are you thinking about how hard quitting could be, or are you looking forward to the challenge? Acknowledge your feelings, but stick to your decision. You're doing the right thing.

## How to quit

### Choose an approach that will work for you

1. *Going cold turkey means stopping suddenly and completely. For most people, this is the most successful method.*
2. *Cut down by reducing to five cigarettes a day, going on half rations or delaying your first cigarette by an hour each day. If you choose to cut down, make sure your quit date is set for two weeks after you start.*

## Understand withdrawal symptoms

Withdrawal symptoms are the way your body reacts when it stops getting nicotine and all the other chemicals in tobacco smoke. Think of them as recovery symptoms.

Some recovery symptoms will come and go over a period of a few days, and most are gone within two to three weeks. The emotional symptoms such as anxiety and irritability - are closely tied to the physical reaction of your body as the nicotine leaves your system.

Common recovery symptoms include:

- Cravings - Each one lasts a short time, but may be strong. Over time, cravings will happen less often.
- Occasional headaches.
- Upset digestion, constipation, nausea, diarrhoea or a sore throat - rarely last more than four days.
- Changed sleeping patterns; unusual or strong dreams. Many people find they sleep better.

- Coughing - means the cilia that line your lungs are working again and are sweeping out the tar and mucus.
- Feelings of irritability, depression or anxiety - will lessen over one to three weeks.
- Temporary increase in appetite and possible weight gain.

### **Coping with recovery symptoms**

The first few days after you quit can be the hardest.

### **Confront cravings**

Few smokers can quit without feeling cravings. They are hard to avoid altogether. To quit, you must learn to live through them until they no longer happen. Here is one way to confront your cravings and overcome the urge to smoke:

### **Remember the 4Ds:**

1. **Delay** acting on the urge to smoke. Don't open a pack or light a cigarette. After five minutes, the urge to smoke weakens and your resolve to quit will come back.
2. **Deep breathe.** Take a long slow breath in, and slowly out again. Repeat three times.
3. **Drink water.** Sip it slowly, holding it in your mouth a little longer to savour the taste.
4. **Do something else.** Take your mind off smoking by taking action put on some music, go for a walk or ring a friend.

### **Just one WILL hurt**

Having 'just one' is the way that most people go back to regular smoking. Quitting means resisting the urge to smoke even one cigarette, despite the cravings, the habit, the pressure and your own emotional reasons.

### **Take one day at a time**

Focus on getting through each day without smoking. Remember your first cigarette? It probably made you feel sick and dizzy. Be kind to your body as it adjusts to living without the nicotine it has become used to.

### **Tea, coffee and cola drinks**

These drinks contain caffeine and, without nicotine, your body absorbs much more of this stimulant, making you restless, irritable and sleepless for a while. Try drinking fewer or weaker cups of tea and coffee, coffee substitutes, water, fruit juice or low joule, caffeine-free cola drinks.

### **Reward yourself**

Congratulate yourself every time you beat the urge to smoke.

### **Remind yourself**

Take out your list of reasons for quitting and the things you want to do as a non-smoker

### **Refuse offers of cigarettes**

You have the right to refuse a cigarette and can do so without upsetting others.

### **The problem of empty hands**

If you need to keep your hands busy, try keys or beads, or keep active.



## Smoking and other drugs

Research shows that many ex-smokers cannot resist smoking when drinking alcohol." Alcohol and other drugs may weaken your resolve about giving up smoking, so it might be best to avoid these for a few weeks.

## Find New Ways To Relax

1. **BREATHE** deeply and slowly.

2. **RELAX** your body and your mind like this:

- *Lie down or sit in a comfortable position.*
- *Close your eyes and take a few deep breaths.*
- *Tighten your feet and toes, hold them tight for three seconds, then relax them. Repeat this exercise with your leg muscles, your stomach and your arms and shoulders.*
- *Think about something relaxing, perhaps lying in the shade of a tree on a hot day ... a gentle breeze brushes your skin ... the leaves rustle quietly ... nothing to do just now but close your eyes and let your mind drift ...*
- *When you are relaxed and ready, open your eyes and bring the good feelings with you.*

3. **ASK A FRIEND** for a neck and shoulder massage.

4. **MAKE A CHANGE** in your routine.

- *Get up earlier, and go for a morning walk, or sit in a different place for breakfast.*
- *Choose a different chair to watch TV, and eat some sugar free popcorn or chewing gum.*
- *Have a pen and paper by the phone so you can doodle, or move around while you are talking.*
- *Take a soft rubber ball in the car, and do hand exercises if you are stuck in traffic.*
- *Go off alcohol for a while and try a soft drink instead.*

5. **EXERCISE.** This can be as simple as getting off the bus one stop early and walking the extra distance or using stairs instead of lifts.

## Coping with Setbacks

Quitting can be hard. You might be going along OK, and suddenly you feel like smoking again. Sometimes, as you gain confidence, you actually start to think quitting is easy, so why not smoke again? Your resolve starts to weaken.

*Try this.....*

- **Remember**, every craving only lasts a few minutes. You can fight it off: delay, deep breathe, drink water, or do something else.
- **Remind Yourself** of the times when you found the going really tough, and how much work you put into preparing and achieving your goal. Think of how far you have come. Do you really want to have to start all over again?
- **List Your Reasons** for quitting on a card that you can carry with you. Read the reasons whenever you feel the urge to smoke.

### **If You Have a Cigarette**

Think of how long you have gone without a cigarette and say to yourself: " I'm determined to give up. After all, I have only slipped up once. In the past, I would have smoked 20 a day. I am determined to quit."

### **If You Go Back To Regular Smoking**

**Don't despair, and don't give up on your plan to quit.**

Most people who have successfully quit smoking for good have made **several serious attempts**. Every day that you have spent smoke free, makes your body healthier and helps to break your habit and weaken your addiction. Remember, you took a long time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker.

### **Try This.....**

Use what you have learned from your quit attempt, and plan another date to give up as soon as possible. If you have lost the urge to give up, go back to the first section of. Go through all the steps again if that helps you.

## **DRINKING**

Now you don't have to become a wouser and give up altogether. However you can have AFDs (Alcohol Free Days). Try it, one day a week as an AFD, then two days a week, then three. By now your liver is singing a different tune, it is no longer screaming, and it is most probably saying "hallelujah". I'm like you, I have good days and bad days, more good than bad thankfully. What I have found with having AFD's, I have lost that craving for a drink around 5.00pm, you know, "beer o'clock". The more AFDs I have, the less booze I want. I must be getting sick, I'm actually enjoying water and I thought that was only for fish to swim and have sex in. I have noticed my weight dropping, however that could be a combination of less fat, less food, more exercise and not just giving up drinking. I have also noticed the night sweats are getting further apart and my sleep is becoming more sound. Talking about sound, the good wife reckons I don't sound like a Mack truck anymore.

There is a lot to be said about cutting down on drinking, including the extra cash I have in my pocket at the end of the week. I feel better, and if I may say so, I look better. No longer do I have those horrible veins sticking out around my cheeks and on my nose and I don't have that sallow look anymore. Not only that, my bowels seem to be working better, well if you reckon being more regular is ok, well I'm ok then.

Now I don't have to preach about all the bad things about drinking, you have heard that a million times and most probably had enough hangovers to tell you that it ain't no good. So try to cut down, slowly but surely you'll get the hang of it and with all the other good things you are doing, why let a bottle dictate the terms.

I'll let you in on another secret about giving up the booze, no more Brewer's Droop. Fair dinkum, the old fella just seems to perform a lot better when you cut right back, especially as we get older. It was ok when we were young as it would stand to attention on its own, however now we have passed that age where it needs a little more coaxing and more blood. Well you have to make a choice, cut down on the intake, your veins and arteries will improve the blood flow and whacko, you're a stud again...well sort of.

OK enough about *Nick Teen* and *Al K Hole*, your big enough and ugly enough to know what's right and what's wrong. You just have to decide.

One final point on the above, **you** decide when you are ready, no-one else can decide for you...it happens when you are ready. That might even be right now!

## Men's Issues

I could have put this section at the front of this pack, however it may have turned you off and you wouldn't have read this far. Men do not discuss health issues as women do. I have no idea why, however there are a number of problems men face regarding their health such as:

- Heart Disease
- High Cholesterol Levels
- High Blood Pressure
- Enlarged Prostate.
- Prostate Cancer
- Erectile Dysfunction
- Diabetes
- Arthritis
- Depression

I am not a specialist in any of these health issues, however when I am faced with any changes to the above I go straight to my doctor. If he can't tell me what the problem is, he will send me to a specialist. Have you visited your doctor lately for a complete check-up? A once annual check-up is recommended to all men over the age of 50, yet we ignore this and only go when something goes wrong. Isn't prevention better than cure?

Talking to your doctor can be a real challenge if you are not prepared. These tips will help you the next time you visit:

- Book a visit well ahead that suits you and the doctor
- Write down all the things you want to talk about, including you are coming in for a check-up
- List the following:
  - Blood Pressure, Height and weight ratio
  - Diet and exercise
  - Smoking
  - Alcohol
  - Blood sugar check for diabetes
  - Cholesterol Check
  - Prostate examination
  - Screening for blood in bowels
- List the things that are worrying you
- You may ask your wife to go with you, or get her to write your list
- Be straight up with the doctor, no point hiding the truth
- Expect him to be truthful and not beat around the bush
  - What, if anything is wrong?
  - How serious is it?
  - How can it be treated?
  - What are my choices?

You may want help to access written information, either provided by the doctor or other sources such as support groups.

You will need a clear plan of action for:

- Tests
- Follow-up appointments
- Treatment
- Referrals

***Don't be embarrassed about asking for explanations if you don't understand what has been said***

*This page courtesy Men's Health Peer Education Facilitator Manual*

## **Heart Disease**

A heart attack occurs when a narrowed coronary artery is suddenly completely blocked by a blood clot. Blood supplied to the heart by this artery is cut off and the affected part of the muscle starts to die. This usually causes severe and continuing chest pain or discomfort, but especially in older people or diabetics, may present as increased shortness of breath, confusion or deterioration in function with no or minimal pain.

### **Warning Signs**

- Squeezing, discomfort or pain in the centre of the chest or behind the breastbone lasting more than 10-15 minutes
- Pain spreading to the shoulders, neck and arms.
- These may be accompanied by;
  - Sweating, shortness of breath
  - A sick feeling in the stomach

## **Prostate Disease**

Early symptoms of prostate enlargement

- Hesitancy – of urination (the flow of urine is delayed)
- Incontinence – inability to control urine flow
- Going to the toilet frequently to urinate – say two hourly
- A weaker urine stream – a lot weaker when you were 40 years of age
- Dribbling of urine – (in the underpants and/or down the trouser leg
- A feeling after urination you have not emptied your bladder completely – and have to go again
- Disrupted sleep – due to waking with the urge to urinate at night (need to get up to go to the toilet 2 or more times during the night)

Urinary symptoms that require medical assessment immediately are:

- Painful or burning sensation when passing urine
- Painful ejaculation
- Blood in urine or semen
- Discomfort or pain in the lower back, upper thighs, buttocks area or along the side of the penis
- Severe incontinence of urine

***If you have any of the above symptoms it is important you consult your doctor.***

## **High Blood Pressure**

High blood pressure means the pressure of the blood in the arteries is too high. This puts a strain on the heart because it has to work harder to pump blood around the body. If blood pressure remains high it increases the risk of developing serious problems like heart attack, stroke, heart failure or kidney disease.

***High blood pressure usually has no warning signs...until it has caused damage. Have your blood pressure checked regularly by your doctor***

## **Depression**

The word depression is often used to describe feelings of sadness which all of us experience at some stage in our lives. It is also a term to describe a form of mental illness called clinical depression. Just because you are depressed it doesn't mean you are suffering from depression. Everyone has mood swings/off days. Without the troughs there would not be the peaks. It is normal and healthy to grieve about losses. It is OK to talk about it even if you are a bloke. It helps to get things off your chest.

## What helps?

### Good for You

- ✗ Exercise
- ✗ Relaxation
- ✗ Medication when required
  
- ✗ Talking to mates

### Bad for You

- ✗ Smoking
- ✗ Deny the need to seek help
- ✗ Alcohol – depresses the central nervous system and can make depression worse
- ✗ Social isolation
- ✗ Abusing medication/ other drugs
- ✗ Violence

Who you talk to is up to you, as long as you feel safe and comfortable trusting them with your thoughts and feelings.

## High Cholesterol Levels

Cholesterol is a naturally occurring fatty substance. Sometimes, cholesterol is confused with fat but the two are not the same. High levels of cholesterol in the blood are likely to cause fatty deposits (plaque) to develop in blood vessels such as arteries. As the diameter of blood vessels narrows this makes it much harder for blood to flow through. If fatty deposits build up too much a blood vessel may be blocked off completely. Where this occurs in the blood vessels supplying the heart, a heart attack results, as the heart muscle is deprived of sufficient oxygen supply. Much has been written and said about cholesterol and my recommendation is that you speak to your doctor and recognise that diet is critical in determining the levels of cholesterol in your body. Eat loads of fruit, vegetables. Fish (grilled), lean meats and lots of cereals and beans and you will go a long way towards keeping your cholesterol at a safe level.

***It is better to be aware of your cholesterol level than ignorant, as if it is too high you can act now to do something about it.***

## Diabetes

If there is not enough insulin activity, or the body does not use the insulin effectively, the body's blood glucose rises. There are two main types of Diabetes:

Type 1 – This form of diabetes is insulin dependent – that is regular insulin injections are needed. This type of diabetes usually affects younger people.

Type 2 – This form of diabetes is non-insulin dependent and usually affects older people. It can often be treated effectively with a diet and regular exercise, though medication may be necessary.

***Your risk of diabetes can be easily assessed today – make an appointment with your doctor***

The Following are two quick tests for you, one to determine you risk factor, the other to determine if you have the symptoms.

### Risk Factor Test

This is a quick tick test

- Over 40 years old
- Have a blood relative with diabetes
- Do not exercise regularly
- Your waist measurement is over 100cms (men), or 95cms (women)
- Your blood pressure is above 140/90 or you use medication for blood pressure
- You are Aboriginal or Torres Strait Islander
- You are from Southern Europe, the Middle East, South East Asia, or are Polynesian or Indian

**If you have ticked 3 or more Risk Factors you are at high risk and should see your doctor for a check-up**

It is important to be aware that you could have diabetes and diabetes related problems without symptoms.

### **Symptoms Test**

Tick a box if you

- Urinate excessively
- Are always thirsty
- Have lost weight for no reason
- Experience numbness or tingling in the feet or legs
- Have blurred vision
- Are always feeling tired
- Have itching skin or skin infections.

If you have ticked two or more symptoms you are at high risk and should see your doctor for a check-up.

**Men's Health Issues are extracts from the Men's Health Peer Education Facilitator Manual**

## **Recommended Dietary and Lifestyle Changes for Diabetics Sufferers**

### **Dietary changes for Diabetics**

#### **Beneficial Foods:**

- Whole grains, especially millet, rice, sweet rice, and wheat
- Chlorophyll-rich foods, especially wheat or barley grass, spirulina, and chlorella
- Vegetables
- Whole and cooked fruit

The following foods have an insulin-like action and should be included regularly:

- Brussel Spouts
- Cucumber
- Green Beans
- Garlic
- Oatmeal or flour products
- Soy Beans and Tofu
- Avocados
- Raw Green Vegetables
- Wheat Germ
- Buckwheat
- Fresh Flaxseed Oil

#### **Foods to Avoid**

Foods rich in fat, especially animal foods, such as red meat, eggs, and dairy products

Sugar

White Flour

White Rice

## **Avoid sugar and sugar rich foods. Eat diet rich in fibre**

People with diabetes cannot properly process sugar. Research shows that sugar causes diabetes in animals.

The fibre in carbohydrates helps protect against Type 2 diabetes. Most sugar comes from low-fibre foods, while high-fibre foods are often low in sugar. Therefore, eating more sugar usually means decreasing fibre—a mistake for diabetics. When whole foods, such as beans, whole raw fruit, and pasta, are compared with processed sugary foods, the high-sugar foods increase blood sugar more than the whole foods.

Cut intake of dietary sugar, such as snacks and processed foods. Replace low-fibre, high-sugar foods (such as fruit juice) or starch (such as white bread) with high-fibre, whole foods.

High-fibre supplements, such as psyllium, guar gum (found in beans), pectin (from fruit), oat bran, and glucomannan, improve glucose tolerance. Eat more fruits, vegetables, seeds, oats, and whole-grain products. You may supplement your diet with psyllium and glucomannan supplements.

## **Fish/Omega 3 Oils**

The results on fish oil is not conclusive. Glucose tolerance was found to improve in healthy people taking omega-3 fish oil supplements. Some studies reported that omega-3 fish oil improves glucose tolerance, high triglycerides, and cholesterol levels in diabetics. However, others report that cholesterol increases and diabetes worsens with fish oil supplements. So, until this issue is resolved, we recommend that you eat fish; but avoid fish oil supplementation unless advised by a nutritionally oriented physician.

## **Vegetarian Diet**

Vegetarians eat no meat, dairy, or eggs. Studies have shown that vegetarians have a low risk of Type 2 diabetes. When people with diabetic nerve damage switched to a vegan diet, improvements were found within several days. In one study, pain completely disappeared in seventeen of twenty-one people.

Fats from meat and dairy cause heart disease, the leading killer of people with diabetes. Vegetarians eat less protein than meat eaters do. Reducing protein intake lowers kidney damage caused by diabetes and may improve glucose tolerance.

## **Monosaturated Oils**

Monounsaturated oils may be good for diabetics. Use olive oil as a source for monosaturated oil in your diet. Olive oil is high in calories; so if you are overweight, use it sparingly.

## **Milk and Type 1 Diabetes**

Countries with high milk consumption have a high risk of Type 1 diabetes. Milk contains a protein that is related to a protein in the pancreas, the organ where insulin is made. It is suggested that children who are allergic to milk may develop antibodies that attack the pancreas, causing Type 2 Diabetes. Several studies have shown that children with diabetes drink cow's milk at an earlier age than other children. Animal research indicates that avoiding milk affords protection from Type 2 Diabetes. If you have a family history of diabetes, it is suggested that you minimize feeding of dairy products to infants and children. Recent research suggests a possible link between milk consumption in infancy and an increased risk of Type 1 Diabetes.

## **Lifestyle changes for Diabetics**

### **Reduce Your Weight**

Excess fat actually decreases the number of insulin receptors present in the body, aggravating diabetes. Most people with diabetes are obese. Excess abdominal weight makes the body insensitive to insulin. When you are overweight, your body needs more insulin. Type 2 improves with weight loss in most studies. Thus, reducing weight will be helpful for people with diabetes. If you are already overweight, slim down. Avoid overeating and emphasize healthy whole foods. In addition to managing your blood-sugar levels appropriately, follow your doctor's recommendations for a weight-reducing diet.

## **Exercise**

Both types of diabetes can be greatly improved with a regular moderate exercise program. Exercise helps decrease body fat and improves insulin sensitivity. Exercisers are less likely to develop Type 2 diabetes. People with Type 1 diabetes who exercise require less insulin.

Aerobic activities such as brisk walking, running, cycling, and swimming have a proven beneficial effect on blood-sugar levels. The utilization of glucose by the exercising muscles improves, and the improvement can last for up to seventy-two hours. Exercise also improves the blood-lipid (fat) profile and helps control blood pressure.

However, exercise can induce low blood sugar or even increased blood sugar. Carefully monitor your blood sugar during exercise in order to avoid possible overdoses of insulin. Consult a health care professional before starting an exercise program.

## **Alcohol Consumption**

Alcohol worsens glucose tolerance in the elderly and in diabetics. Diabetics who drink have a high risk for eye and nerve damage. Avoid alcohol if you are diabetic.

## **Smoking**

Diabetics who smoke are at higher risk for kidney damage, heart disease, and other diabetes-linked problems. Smokers are more likely to become diabetic. Don't smoke. If you smoke, quit.

## **SNORING**

*Most people deny they snore. Even if they do admit to it, they'll probably say: "It doesn't bother me and it's not doing me any harm". But the effects of snoring can be more serious than they may seem.*

### **Causes**

It's thought to affect four out of ten men and up to three out of ten women. And millions of partners and neighbours suffer sleep-disturbed nights as a result.

The noise of snoring is caused by parts of the nose and throat - in particular, the soft palate - vibrating as you breathe in and out. At night, the muscles that help keep your airways open relax and become floppy. This causes the airways to narrow and vibrate more, making snoring more likely.

There are also a number of factors that can make snoring worse:

- Alcohol or sleeping tablets - these relax the muscles even further.
- Being overweight - this puts pressure on the airways.
- Colds, allergies, nasal polyps, a damaged or crooked nose - can block the nose, causing you to breathe through your mouth.
- Smoking - smokers are twice as likely as non-smokers to snore because their airways get inflamed and blocked.
- Sleeping on your back.

### **The problems snoring brings**

Prods, kicks, and punches from your partner, the threat of divorce and complaints from the neighbours are all common.

You may also be suffering with **obstructive sleep apnoea (OSA)**. In this condition, the relaxed throat muscles block the airway briefly hundreds of times each night stopping you breathing and depriving your body of oxygen. In the short-term this causes tiredness during the day, irritability and restlessness, and puts you at risk of accidents when driving for example. In the long-term it can cause high blood pressure, heart attacks and strokes. Treatment involves wearing a dental splint and using a continuous positive airways pressure (CPAP) machine while you sleep to keep the airways properly ventilated.



**To help yourself:**

- Avoid drinking alcohol late at night.
- Maintain your ideal weight.
- Raise the head of the bed.
- Sleep on your side. To prevent you rolling on to your back, sew a ball in the back of your pyjama top or wedge a pillow under your back.
- Keep your nasal passages clear by using a humidifier, inhaling steam or rubbing a few drops of eucalyptus oil on your pillowcase. Antihistamine tablets and/or anti-inflammatory nasal sprays may help. Always check with the pharmacist that they're suitable for you, especially if you're taking other medicines.

Other 'cures' you may want to try include nasal strips, devices that re-position the jaw, homeopathic nasal drops and sprays. Try a few to see what works for you.

**Surgery**

As a last resort, surgery can be used to remove nasal polyps, straighten crooked noses and cut out floppy soft palate tissue to stop it vibrating. Laser surgery stiffens the palate to reduce vibration.

A new procedure called somnoplasty is being studied. This uses radio frequency energy to shrink the floppy soft palate tissue rather than cutting it out. It's claimed to be less painful during and after the operation.

***Finally.....***

In the preparation of this Health Pack, I would like to thank members of the Vietnam Veteran's Federation (SA) and the Vietnam Veterans Association (SA) for being sounding boards to the idea of a stand-alone Lifestyle program. Where possible I have acknowledged where information has been gathered and in most cases it has come from my own experiences. If I have missed anyone, I apologise. I hope this pack will help you.

Jim Mavromatis  
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