



**"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."**

**Anais Nin**



**September - October - November 2005**

## It's time for a change!

WAKE UP! A new season is upon us. It's getting warmer. The colours are changing. The sights, smells and sounds of new life are everywhere. The new fashions have hit the stores. The footy seasons are over for another year. There is a buzz in the air. The sun is getting up earlier and going to bed later. There is more light, more life, more energy all around us.

How are these changes affecting you? Are you moving with the tide, or struggling to find a slippery foot hold that will keep you where you are? Why is it that when surrounded by constant change, we so often find comfort in our old habits? Why do we unconsciously seek security by repeating the same patterns of behaviour, when every moment of our lives is overflowing with the possibility of change?

Let's make a commitment together, right now. Let's pledge to see one sunrise out of the next seven. This doesn't mean just be awake, doing something else when the sun rises. It means get up specifically to take in the breath taking beauty of a day dawning. Let this ritual be symbolic of your personal commitment to change one or more aspects of your health and fitness.

Take a pen and notebook with you. As you watch the blaze of light energy fill the sky, write down the changes you will make. No one else can do this for you, nor would you want them to. You are the most qualified person for the job. Only you know what has led you to this point and only you know what you really need to do to change.

This newsletter contains some ideas designed to inspire more of your own. Feel free to adopt any of our suggestions if you find them helpful.

## Power

Now is a beautiful time to be outdoors. Why not get yourself a pedometer (a step counter that attaches to your belt line) and measure how many steps you average per week. If you are under 70 000 steps per week that is your first goal.

For those already reaching this mark, why not surprise your body into changing again by trying something new. Check out [www.risehealth.com.au/power.htm](http://www.risehealth.com.au/power.htm) to find ideas for freshening up your cardio routine.

If you can't get hold of a pedometer (if you'd like to find out how to get one, [contact RISE](#)) then why not find a new track to walk/explore. Walk somewhere you have never walked before and enjoy the physical and mental stimulation of new surroundings.

## Shape

Everything in nature is stretching into new life in the Spring. What if you woke up just 5 minutes earlier and did a few simple stretches before you started your day? Try doing this for three consecutive days and take note of how it affects the rest of your day.

This simple action will not only lengthen your muscles, mobilize your joints and shake off the heaviness of sleep, but provides the opportunity for you to begin your day proactively, rather than unconscious reacting to external events as they occur.

[Contact RISE](#) for more information on how to begin a targeted stretching routine.

# Energy

As the weather changes so should the food you eat. Processed and packaged foods look and taste the same all year round...BORING! Remember, the food you eat shapes every aspect of your physical and mental existence, so if you eat the same foods all year round, how are you ever going to change your habits?

Why not connect to the bigger picture and eat in accordance with the abundance of the seasons. The next few months offer a fresh bounty of fruits and vegetables at the peak of their flavour, ripeness, quality and value.

**Fruits** to enjoy this spring include - orange, lemon, mandarin, grapefruit, papaya, pawpaw, pineapple, strawberry, honeydew and rock melon.

**Vegetables** to enjoy this spring include - artichoke, asian greens, broccoli, beans (broad and green), choko, cucumber, garlic, spring onions, peas, silver beet and spinach.

# Breath

What is your breathing like right now? Hopefully, it's deep, slow, quiet and regular, moving in and out through your nose. If you suffer from spring time respiratory problems or find breathing through your nose difficult due to congestion, then why not try one of these two options.

Option 1: Go for a swim in the surf every morning to invigorate your senses, and let the salty water clear out your sinuses. What better way to remind yourself how wonderful it is to be alive!

Option 2: Take a leaf out of the ancient yogis book and use a "neti pot" as part of your morning grooming ritual. A neti pot is like a miniature teapot with a spout that you fill with warm salty water. Then, while bending over the bathroom sink, simply turn your left ear down and pour the water in the right nostril until it comes out the left nostril. Blow your nose with a tissue until it is clear, then repeat the process on the other side. This three minute investment will ensure you start the day with the clear sinuses needed to set up a regular breathing rhythm.

# Presence

**ATTENTION!** - all those who are too busy to take on anything else to improve their health and fitness. Please listen carefully. The single most important change needed to improve your current state of health doesn't take any time at all. In fact, it is timeless.

Being aware of your actions as you move throughout your busy day, doesn't take any more time than acting unconsciously. What it does do however, is give you the space to observe the way you interact with the world around you. This is the beginning of freedom from the habitual, unconscious patterns of behaviour that have led you to this point.

If you are serious about wanting to end the constant struggle with your weight or level of fitness and make some permanent healthy changes, then you must develop an awareness of your thoughts and actions.

Why not begin this wonderful process of self discovery by simply becoming aware of your breathing while doing something you do every day. Choose an action - eating lunch, washing dishes, driving, folding clothes, etc - and focus some of your attention onto the rate, depth, sound and rhythm of your breathing.

# Success Story

The RISE plateau buster strikes again! After "an incredibly busy period" of work and family functions Maggie (corporate high flyer and super mum) recently committed to a four week plateau buster with RISE.

Her goals - lose 4kgs, decrease body fat and increase aerobic fitness. Armed with a pen, paper and an honest appraisal of what needed to be changed Maggie and John sat down and worked out the plan of attack.

- 3 goal focused personal training sessions per week.
- 10 000 steps a day, 5 days a week.
- Effective, realistic dietary modifications.
- Daily task completion checklist.
- Weekly measurements.



The results - Maggie lost 4.2kgs in four weeks. Significantly, she reduced her body fat by 4.8% and increased her aerobic capacity by 25% (measured using the Cooper's 12 min run test). These great results are a credit to you Maggie. CONGRATULATIONS on your commitment, dedication and attitude throughout the program!

There is one problem though ...Maggie's dog "Boof" was a regular companion on many of the fitness sessions. Although we saw a vast improvement in Maggie's hill sprint performance, Boof didn't seem to take to the idea. In fact, most times, he just stopped halfway up the hill, as if to say - "well what's the point you'll be back down to do it again in a minute!" Sadly, Boof's results were not noticeably improved at the end of the program.

It just goes to show, all successful outcomes start with a firm decision to succeed!

# Research Review

## **SO HOW OLD ARE YOU ...REALLY?** - August 2005

How old do you think you are? Did you know that most of your cells are actually under 10?

Thanks to the work of Swedish stem cell biologist Dr Jonas Frisen, science has a new technique to estimate the age of human cells. Although most molecules in a cell are replaced constantly, Dr Frisen has developed a method of measuring the "carbon-14" content of tissues which is absorbed from the environment into the unchanging DNA at the moment of the cell's creation.

Alongside many other uses, this new technique will allow researchers to answer long standing questions about whether any cells in the brain are renewed, or whether new brain cells simply stop growing at some point in human development.

The latest scientific information tells us that the length of our cell life varies throughout different parts of our body. For example the life span of our red blood cells and skin cells can be measured in days, while those of our bones are renewed every few years. The only cells that are thought to last a lifetime are those in our cerebral cortex, the inner lens of our eye and possibly the muscle cells of our heart.

So the question arises, if the vast majority of our cells are constantly renewing themselves, why do our bodies age and degrade?

The answer according to **modern science**.

- Some experts believe that cell DNA information gradually degrades.
- Others blame mitochondrial DNA, which lacks repair mechanisms.
- Another theory is that stem cells, the source of new cells, eventually wear out.

The answer according to **ancient wisdom**.

Perhaps Shankara, one of India's greatest rishi's (seers) had it right. "The only reason people grow old and die, is because they see other people growing old and dying."

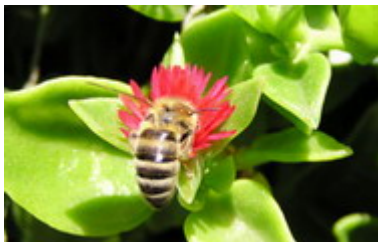
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# What's New?

## **Fit n Well** classes now on the **Northern Beaches!**

Having taken Sydney's eastern suburbs by storm, RISE proudly offers this exciting new class north of the bridge.

### **What is Fit n Well?**

The exercise class that has it all. A combination of yoga, pilates and movements to get your heart pumping. This 60 minute workout will increase your fitness level, lengthen and strengthen your muscles and leave you feeling rejuvenated.

Mid morning and evening courses are available. Bookings are essential, so [contact RISE](#) now to ensure your spot.

## Bush Walk and Yoga at the Beach **FREE SESSION!**

Share a morning with John and Ruthie as you walk, talk and learn! Enjoy a bush walk along the cliff tops between Dee Why and Curl Curl beaches, followed by an invigorating yoga practice overlooking the ocean.

If you have any questions about your diet, exercise routine, injuries, breathing, digestion - anything at all regarding your health and fitness - then why not come and pick the brains of Sydney's leading health and fitness professionals.

No yoga experience is necessary. All ages and fitness levels are welcome.

**When:** Saturday 15th October, 2005.

**Where:** Car park at the top of the stairs above Dee Why Rock Baths point, just above the Dee Why Baths.

**Time:** 9:30am - 11:00am.

**Equipment:** Bring a water bottle and a towel or yoga mat.

**Clothing:** Wear comfortable clothes for stretching and shoes for walking.

Bookings are essential. Either [email](#) or [call](#) if you would like to join the group.



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