

**SUMMER IS HERE
IT'S TIME TO RISE AND SHINE**

“Everything that is really great and inspiring is created by the individual who can labor in freedom.”

Albert Einstein



December – January - February 2005 / 2006

Freedom

Ahhh...freedom is truly the goal of all goals. But what does it mean to be free? Does it arise from our right to indulge without limits, or is it more fundamental to our existence?

Most people give up their healthy eating commitments or slacken off their exercise routine because they feel restricted, bound, suppressed in some way. “Being good” seems like an effort and the act of “denying favourite foods” feels like a sentence of imprisonment. But what is the deeper reality?

Think of five things **you** do that are indulgent and that create the impression of freedom in your awareness. Maybe it's eating your favourite ice cream, spending a whole day in your pajamas, finishing off the bottle, or having just one more slice...

Now ask yourself, am I attached to the pleasure of these experiences? Am I compelled to do these things when I want to feel good? If you are not sure, then imagine not doing any of them for the next three months. If your inner voice says “Not likely!” then are you really free? Or are they a prison in disguise, entangling you into looking, feeling and thinking the way you do today?

What if you found another way to feel good, that didn't rely on adding something from the “outside”, but simply nourished and nurtured from within?

Acquiring a new definition of freedom comes from cultivating a deeper level of awareness of your thoughts and emotions, in which you stop behaving like a bundle of conditioned reflexes, unconsciously reacting to your external environment.

From this inner state of peace, it is possible to experience a new interpretation of reality. One in which you have the

mindset to enjoy healthy, nutritious food, the awareness of the point at which you have eaten just enough to satisfy yourself and feel good, the freedom of movement to bend, stretch, or dash across the road and the energy to play all day with your kids, or to picnic on a mountain top.

So, if you want your body to be “really great and inspiring”, then just like Albert Einstein says, you need to become free!

Power

Moving your body vigorously enough to get puffed can be so much fun and very empowering! **PLEASE DON'T** try to get fit by forcing yourself to do something you don't enjoy. There are so many ways to challenge your cardiovascular system.

During the hot months of summer, why not cool off on the water in the new RISE Perception Contour 490 Ocean Kayak. Long, sleek and stable (and that's just the boat) you won't find a better combination of heart and lung training that sculpts your core, shoulders and arms.

Not to mention the fact that paddling around Sydney harbour is just plain fun!



Success Story

Fear Not Wallabies.....Woody's coming!

Who would have thought losing weight could be such a hoot! This is a story of how a love of rugby and a desire to lose weight combined to produce a startling result.

The Bloke: Tony Woodward (Woody)

The Goal: Get in shape for life

The Problem: The idea of "pounding the pavement" or any type of traditional exercise was about as appealing as a slap in the face with a dead fish.

The Solution: "Ball Sports Huff n Puff – Rugby", a cardiovascular training session unique to RISE. It combines rugby skills with the science of fitness training to achieve maximum results with minimum drudgery. In fact, Woody reckons the fun factor was a major reason for his success. "I love the rugby sessions. They keep me much more focused and motivated than if I was sweating it out on my own. It's great to be outdoors and get a variety of activities with the ball in my hands."

Over a seven week period, Woody lost 5.8kgs and 3cms from around his waist (and still managed the occasional "I'm not in training" nights out).

Not only have the "Ball Sports Huff n Puff – Rugby" sessions helped Woody look and feel better, they also made it possible for him to enjoy a fun day captaining his staff footy team at a recent spinal research charity day.



The Proud Captain is 3rd from the right.

Not content with playing four games in four hours, Woody then put his hand up to referee another four games that he wasn't required to play in!

Where to from here? Well, another few kilos will get Woody down to his "fighting weight" and then, who knows, the Wallabies call up might be just around the corner...we'll keep you posted!

For more information about "Ball Sports Huff n Puff" sessions for your favourite sport, [contact RISE](#).

Shape

Musculoskeletal training during summer can be a very sweaty affair...but, it doesn't have to be. It's your **intention** that makes all the difference.

On particularly hot days when you are strengthening or stretching your muscles why not allow yourself to be as soft as possible. That is, don't strain every sinew and grip everything as tightly as you can, just gently activate the muscles needed to safely execute the movement. Ensure that you are not using muscles that are not needed for the exercise (usually the face muscles should be relaxed at the very least).

It is important to note that this doesn't mean that you do any less, just that **the way** you perform the exercise is different.

This simple technique of adjusting your intention can transform what could have been a grueling workout into an effortless, enjoyable experience.

If this concept is new to you it will take practice to develop, so be patient. Whenever you notice yourself using more muscles than you need to, focus on your breathing. Use your breath as the limiting factor, rather than your body. That means, when you can no longer breathe smoothly, it is time to move on to a different exercise.

Energy

Summer is a great time of year to shake off any excess weight and feel great about your body.

For the next few months, don't even consider satisfying your sweet cravings with some, sad, packaged, man made impersonation of nature's goodness...go for the real thing!

Summer offers a fresh bounty of fruits and vegetables at the peak of their flavour, ripeness, quality and value.

Fruits to enjoy include - apricots, bananas, berries, mango, melon, nectarines, passionfruit, kiwifruit, prickly pears, plums, pineapple, and peaches...just to name a few!

Vegetables to enjoy include – asparagus, avocado, capsicum, celery, egg plant, lettuce, onions, peas, radish, squash, sweet corn, tomato, watercress and zucchini.



Breath

Did you know you can keep your body cool, by learning how to breathe in a certain way?

Known as "Sitali" (pronounced "sheetali") breath, this technique which has been used for thousands of years by yogis, involves rolling the sides of the tongue up so that it forms a tube.

As you inhale, drawing the air in through your mouth, focus your attention on the cooling sensation at your tongue as the saliva evaporates. As you pause for a moment with the breath held in, release your tongue and close your mouth, then exhale through your nose. Repeat for 20 breaths –taking note of how you feel before you begin and when you finish. You may be amazed at the results!

It works by cooling the blood in the region of the mouth, which then circulates throughout the entire body. Ensure you drink adequate amounts of water during the day when practicing this technique to counteract the dehydrating effect of mouth breathing.

Note: Some people possess a genetic inability to roll the sides of their tongue into a tube. In this case, simply allow tip of the tongue to rest behind the bottom teeth and purse your lips into the shape of a whistle.

Presence

It's party time! With the "silly season" in full swing, the Christmas/New Year period is a wonderful time to nurture your relationships and spend time with the people you love.

Why not maintain a small part of your attention during this time, on your inner state – your breathing, the tension in different parts of your body, your internal reactions to certain people or familiar places, etc. See if you can observe the external triggers that stimulate feelings of comfort or discomfort within you and observe your reactions to those triggers.

And most importantly of all...laugh lots!

Research Review

Australian scientists from the Heart Research Institute's Gene Regulation Group are currently working to understand the precise mechanism by which HDLs protect against heart disease.

They've found that in addition to removing cholesterol from the artery wall, HDLs dramatically reduce the inflammation in arteries that causes much of the damage associated with heart attack and stroke.

For more information on this exciting research, visit www.hri.org.au

Some of the lifestyle factors that can increase your HDL levels are diet, weight control, exercise, and not smoking.

[Click here](#) to find out how you can receive a RISE Healthy Heart E Program **ABSOLUTELY FREE!**

What's New?

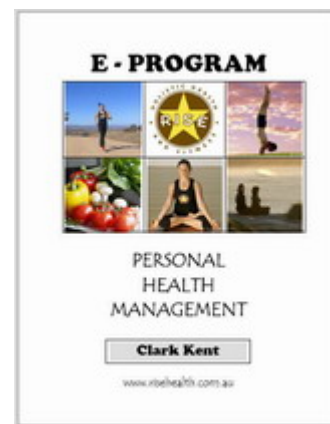
Monthly E Programs – Check out our latest creation making waves in cyberspace.

If you're ready to begin a journey towards better health and would like to know how to get started, or if you've been training for some time and stopped getting results, then RISE Monthly E Programs are just for you.

How do they work?

Step 1 – A RISE trainer comes to a location of your choice and conducts a thorough evaluation of your current condition and goals. At the end of the session, you book in your next review four, eight or 12 weeks in advance.

Step 2 – Shortly after your testing session, you receive your first program via email in the form of a pdf file. This includes, your weekly training plan, specific details of your workouts and eating plan, including digital images of your exercises.



Step 3 – You get stuck in to it and contact your trainer via email or phone with any questions you have as they arise.

Step 4 - Your trainer returns in four, eight or 12 weeks to re-test you (now we find out how much you've really been doing!) and refocus your goals. This session provides the opportunity to reinforce the concepts you've learned, face to face with your trainer.

Step 5 – You receive your second program via email which includes the appropriate adjustments to your exercise and eating plan to ensure you continue to be physically challenged and mentally engaged.

Step 6 - We continue this process for as long as you're happy and achieving your goals.

So...if you've got the motivation, we've got the knowledge, experience and the system to help you shine. [Click here](#) to find out more about this exciting new service.



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