

Laugh Your Way to Good Health

We have all known that being happy and laughing is good for health. Research has backed this up and has shown that the health benefits of laughter range from strengthening the immune system to reducing food cravings to increasing one's threshold for pain. There is also evidence to show that humor therapy can help people heal more quickly.

Laughing:

- Reduces the level of stress hormones and increases the number of antibody-producing cells.
- Provides a physical & emotional release
- Exercises the diaphragm, abs, shoulders and the heart.
- Allows us to see things more positively
- Connects us with others



A recent study showed that pre-school-aged children laugh up to 400 times per day, but as adults we laugh a mere 17 times per day! This is distressing so we need to be very deliberate about increasing our laughter levels

Here are some simple strategies:

- Buy a whoopee cushion!
- Watch funny stuff – television, movies or live acts. Try this instead of the violence that is so abundant these days.
- Read humorous books
- Spend time laughing with friends and family. There is nothing better than the uncontrollable laughter that can happen when good friends get together (this usually happens when laughing is inappropriate!)
- Find humor in your life—laugh about stuff you would normally complain about
- 'Fake it until you make it' - start laughing NOW anyway

Let's get the laughter started:

1. Two pancakes are frying in a pan when one says "boy it's hot in here". The other says "I don't believe it - a talking pancake"!
2. Two cows are in a paddock when says "Moooooo". The other says "What a coincidence - that is just what I was going to say"!
3. A horse walks into a pub and up to bar. The barman asks "Why the long face?"!

MOVIES:

The top 10 funniest American movies are as follows:

1. SOME LIKE IT HOT,
2. TOOTSIE
3. DR. STRANGELOVE
4. ANNIE HALL
5. DUCK SOUP
6. BLAZING SADDLES
7. M*A*S*H
8. IT HAPPENED ONE NIGHT
9. THE GRADUATE
10. AIRPLANE

The top 10 funniest Australian movies:

1. Alvin Purple
2. Muriels Wedding
3. Crocodile Dundee
4. Stork
5. The Castle
6. The Dish
7. Priscilla Queen of the Desert
8. Malcolm
9. The Wog Boy
10. Getting Square

It is time to hit the video store!

JOKES:

The worlds funniest joke is apparently:

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services. He gasps: "My friend is dead! What can I do?" The operator says: "Calm down, I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

Here is an other funny one:

Batman and Robin are camping in the desert, they set up their tent and are asleep. Some hours later, Batman wakes his faithful friend. "Robin, look up at the sky and tell me what you see?" Robin replies, "I see millions of stars." "What does that tell you?" asks Batman. Robin ponders for a minute. "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo, & Venus will be conjunct the Pleiades just before sunrise. Chronologically, it appears to be approximately a quarter past three. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What does it tell you, Batman?" Batman is silent for a moment, then speaks: "Robin, you idiot, it means someone has stolen our tent."

Who says getting in shape is tough?

