fitbits

Herald Sun, Monday, September 21, 2009

» this just in

OBESITY - even a few extra kilograms - already is a known cause of cardiovascular disease and type-2 diabetes.

Now there's evidence that excess weight shrinks the brains of elderly people, making them potentially more vulnerable to Alzheimer's disease, dementia and cognitive decline.

Cyrus Raji, lead author of a new study, Brain Structure and Obesity, published online this week in Human Brain Mapping, says: "The key thing is, good vascular health equals good brain health. What's bad for the heart also is bad for the brain.'

The study focused on 94 subjects, 70 and older, who were overweight (with a body mass index from 25 to 29.9) or obese (with a BMI 30 or higher). Normal BMI is 18.5 to 24.9.



burn babv burn

» energy to burn

ONE CHICKEN CURRY

TO BURN off the extra energy the body receives from one chicken curry, you would need to:

- Run for 49 minutes travelling at five minutes a kilometre
 Go skateboarding for an hour and 49 minutes
- Go sailing for an hour and 33 minutes Do 56 minutes of rock climbing
- Stand for five hours and 38 minutes

Source: fitness2live.com.au energy balancer



» rrp

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PEDOMETERS are a great way to keep track of how many steps you're taking each day.

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more > www.oregonscientific.com.au

» what is

OVER-PRONATION

WHEN a runner's foot hits the ground, there is one of three outcomes.

Ideally, a runner wants their foot to roll inwards slightly. This is called neutral Over-pronation can range from mild to severe and occurs when there is excessive inward roll $% \left(1\right) =\left(1\right) \left(1\right) \left($ when the foot hits the ground.

Supination is when the foot rolls out during foot strike or when there is no inward roll.

»10,000 The average number of steps most people should aspire to a day. The average office worker manages only 2000 to 3000

» expert

ANDREW JOBLING

I have been trying to lose weight for years. Starting is not my problem, but I just can't seem to maintain the motivation and keep going long enough to get the results I want. What is wrong with me?

A You will be happy to know there is nothing wrong with you. Most people experience the same challenge as you — they just aren't as honest about it.

As you have discovered, it's easy to get motivated, but not so easy to stay motivated for long enough to achieve what you want.

Life will always throw us curve balls, challenges and circumstances that may take us off our intended path. The first step in achieving long-term change is to understand this, be prepared for it and decide you will keep doing what you need to do, irrespective of circumstances.

The reason you have trouble finishing what you start is your reason for stopping is stronger than your reason for continuing when challenged. The solution: make your reason for continuing consistently stronger than your reason for giving up too soon.

The three steps ensuring you finish what you start and get what you want are:

1. Decide it's important enough to have what you want and that you will do what is necessary.

2. Understand why achieving your goal is important and get emotionally attached to its achievement.

3. Focus every day on that goal, feel the emotion of achievement and keep doing what you need to do until you get the results you want.

We all know what we need to do to be leaner, fitter and healthier. The secret is to find what it is that will keep you doing those things when most people give up.

Andrew Jobling is an author with a background in health and wellbeing. www.andrewjobling.com.au

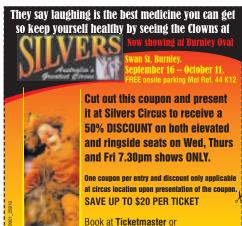
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