

fitbits

» 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 baby 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

OREGON SCIENTIFIC PE903 MARATHON Pedometer, \$59.95

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

But traditional pedometers can be inaccurate. Because they work on a pendulum mechanism, any movement of the body up and down is recorded as a step.

The PE903 Marathon pedometer is the first in the Oregon Scientific range to have an in-built Accelerometer. The 3D sensor detects movement in any dimension and can provide more accurate



step readings than previous pedometers.

The PE903 includes:

- THREE individual stepping modes: Normal, Accumulation and Marathon.
- ONE-WEEK daily memory.
- ESTIMATED target finish time display.

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 pronation.

Over-pronation can range from mild to severe and occurs when there is excessive inward roll when the foot hits the ground.

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

» expert

ANDREW JOBLING
author

Q 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

To ask a question of our expert nutritionist, physiotherapist, podiatrist or personal trainer, email extrawell@heraldsun.com.au

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

» extrawell - directory

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| <p>HEALTH</p> <p>ABSOLUTE THAI PROFESSIONAL MALE Thai Massage Therapy 7 Days 10.30 am - Late North Melb. ☎ 0434 492 228</p> | <p>AFFORDABLE MASSAGE 76 Madden Grove, Richmond 7 Days 10am-9pm ☎ 9428 6265</p> <p>A LIFESTYLE RELAXATION Body and soul relax, sports, massage and remedial therapies Michelle: 0432 236 160</p> | <p>AMAZING TOUCH Full Body Relaxation Massage Appointment only 7 Days 0424 288 321 Port Melbourne</p> <p>Awesome Thai Massage Great staff Thai massage and Relaxation 221 Clarendon St, Sth Melb. Ph: 9690-4888</p> | <p>FULL BODY MASSAGE Therapeutic 10am - 8pm 7 Days Call 0411 645 432 100 High St Prahran</p> <p>FULL BODY RELAXATION Therapeutic. 66 Highbury Rd, Burwood. ☎ 0439 436 291</p> <p>GENTLE Deep Tissue massage COBURG ☎ 0432 606 872</p> | <p>MALE MASSAGE Full body, very relaxing, qual. Visit or outcalls, \$60. Shaun ☎ 0400 300 652</p> <p>MALE MASSEUR \$50 - 1 Hour. Lunch & coffee ☎ 0425 880 837</p> <p>MASSAGE CHINESE ACUP 343 Lt Collins St 9642-5889 493 South Rd, Bnt. 9553-6801</p> | <p>RELAXATION MASSAGE and beauty trmnt. Nth Balwyn. ☎9816-3040/0422 100 888</p> <p>RELAXATION 204 Barkly St 10 a.m.-8 p.m. Area: Footscray Phone: 9689-0360</p> <p>RELAXATION MASSAGE 7 Days 10am-8pm Box Hill area ☎ 0432 188 049</p> | <p>SUPER STRESS RELIEF MASSAGE ☎ 0423 639 601</p> <p>SWEDISH Therapeutic Massage New staff. 306 Huntingdale Rd, Huntingdale ☎ 0413 334 179</p> <p>SWEDISH Therapeutic Massage New STAFF 537 Warrigal Rd, Ashwood ☎ 0401 915 452</p> | <p>NURTURING THERAPY APPOINTMENT ONLY AUSSIE THERAPY: Doncaster 9078 9461 ☎ 0433 522 286</p> <p>RELAXATION THERAPY 39 Enfield Ave, Preston ☎ 0421 884 386 ☎</p> <p>RELAXING MASSAGES 7 DAYS 492 Victoria Pde East Melbourne ☎ 9486-0938</p> | |
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