



REEDCHIROPRACTIC
6 Week Wellness Challenge
2013

Chiropractic • Nourishment • Movement • Rest • Mental Wellbeing

Dear Patients,

Congratulations! You have chosen to take the first step to improve your health by participating in our 6th annual wellness challenge. I created this challenge because I see so many patients in our office who want to make changes in their lives, whether it be exercising more, eating better, sleeping better, or just living overall healthier lives, but don't know where to start. Remember, change is easy, thinking about change is always more difficult.

The 6 Week Wellness Challenge incorporates the Five Essentials of Wellness which I believe are necessary for you to practice in order to live a healthier life. By moving, resting, eating well, keeping your nervous system balanced through chiropractic care, and practicing positive mental health you are doing what is necessary to live a life free of sickness and disease.

During the next six weeks we will check with you on your progress because we want you to be as successful as you can be! If you ever feel discouraged or need some help or new ideas on how to stay motivated, feel free to ask any one of us. As you go through our challenge I ask you to think about the following:

In the long run, we shape our lives and we shape ourselves. The process never ends until we die, and the choices that we make are ultimately our responsibility. ~ Eleanor Roosevelt

Again, I congratulate you on making a commitment to wellness. Good Luck!

In Health,

Dr. David T. Reed

Chiropractic Care

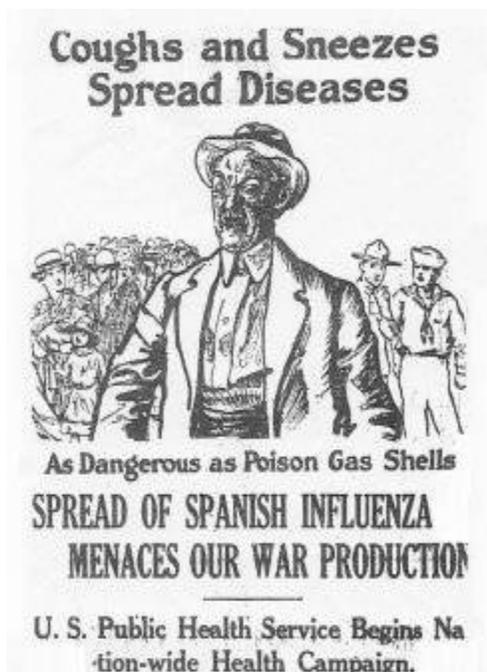
Long term chiropractic care shown to reduce health care costs, improve health behaviors, and enhance patient perceived quality of life.

In a study published in the Journal of Vertebral Subluxation Research (2005), It was found that long term chiropractic care could influence basic physiological processes affecting oxidative stress and DNA repair. These findings offer a scientific explanation for the positive health benefits reported by patients receiving chiropractic care.

The researchers measured serum thiol levels (serum thiols are primary antioxidants, and serve as a measure of human health status) in 25 patients under short term chiropractic care (6 weeks), and 21 patients under long term chiropractic care (greater than 2 years). The results were compared to those of a non-chiropractic control group of 30 subjects. Symptom-free or primary wellness subjects under chiropractic care demonstrated higher mean serum thiol levels than patient with active disease, and produced come values that were higher than normal wellness values in non-chiropractic subjects. The serum thiol test provides a surrogate estimate of DNA repair enzyme activity, which has been shown to correlate with lifespan and aging.

Chiropractic: Maybe the Best Defense Against Influenza

April 27, 2009 · Filed Under [Main Content](#)



Media reports of Swine Flu in Mexico and now several US cities are frightening to many Americans, who are made to feel helpless. As a result, many will turn to dangerous vaccines out of fear and a lack of honest information. This virus is a strain of H1N1, the same virus responsible for the 1918 Flu Pandemic (often referred to as the "Spanish Flu").

At this point, most confirmed cases in the United States have been mild and there have been no confirmed fatalities. However, in Mexico there has been a high case fatality rate among young adults, 25-44, with atypical pneumonia, which has similarities with the 1918 flu pandemic.

The media is reporting that the 1918 pandemic was composed of a recombination of H1N1 seasonal flu and H1N1 swine flu. What you won't hear reported in the main stream media is how chiropractic care afforded life saving relief to so many back in 1918.

The 1918 flu epidemic swept silently across the world bringing death and fear to homes in every land. More than one hundred million people died. In 1918 almost nothing was known about prevention, protection, treatment or cure of influenza. The whole world stood at its mercy, or lack of it.

Strangely enough, around that same time, chiropractic, the only American born health care profession, was close to extinction only 23 years after its discovery. In the time just after the end of World War I, laws against slander were so lenient that medical doctors were allowed to openly attack the chiropractic profession without any regard to truth, legality or the best interest of the patients.

Because medical doctors were making it so hard to have a practice, chiropractors were making mostly house calls. In 1918, chiropractors in Wisconsin began going door-to-door adjusting anyone who had the Flu.

As a result, an amazing thing occurred. Those who were adjusted by a chiropractor didn't die.

The news about Chiropractic swept across Wisconsin and eventually the whole country. Within a short period of time, chiropractic became so well known as the best defense against the flu that chiropractors were being called "Flu Doctors".

Out of this epidemic, the young science of chiropractic enjoyed a new measure of enthusiasm and respectability. If there had been any lack of enthusiasm among the doctors of chiropractic, or a depleting of the sources of new students, the epidemic took care of that. These chiropractic survivors of the flu epidemic were confident, assured,

determined, and ready to fight any battle that came up. The effect of the epidemic becomes evident in interviews made with old-timers practicing in those years. The refrain comes repeatedly, "I was about to go out of business when the flu epidemic came – but when it was over, I was firmly established in practice."

Why?

The answer is reasonably simple. Chiropractors got fantastic results from influenza patients while those under medical care died. Statistics reflect a most amazing, almost miraculous state of affairs. The medical profession was practically helpless with the flu victims but chiropractors seemed able to do no wrong.

[1] In Davenport, Iowa, 50 medical doctors treated 4,953 cases, with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic treated 1,635 cases with only one death.

In the state of Iowa, medical doctors treated 93,590 patients, with 6,116 deaths – a loss of one patient out of every 15. In the same state, excluding Davenport, 4,735 patients were treated by chiropractors with a loss of only 6 cases – a loss of one patient out of every 789.

National figures show that 1,142 chiropractors treated 46,394 patients for influenza during 1918, with a loss of 54 patients – one out of every 886.

In the same epidemic, New York health authorities (who kept records of flu as a reportable disease) showed that under chiropractic care, only 25 patients died of influenza out of every 10,000 cases; and only 100 patients died of pneumonia out of every 10,000 cases. This comparison is made more striking when viewed in the following table:

Influenza

_____	Cases	Deaths
Under medical care	10,000	950
Under chiropractic care	10,000	25

Pneumonia

_____	Cases	Deaths
Under medical care	10,000	6,400
Under chiropractic care	10,000	100

The same epidemic reports show that chiropractors in Oklahoma treated 3,490 cases of influenza with only 7 deaths. But the best part of this is, in Oklahoma there is a clear record showing that chiropractors were called in 233 cases where medical doctors had cared for the patients, and finally gave them up as lost. The chiropractors saved all these lost cases but 25.

Statistics alone, however, don't tell the whole story.

Dr. Helen B. Mason [DC], whose son, when only a year old, became very ill with bronchitis explains: "My husband and I took him to several medical specialists without any worthwhile results. We called a chiropractor, as a last resort, and were amazed at the rapidity of his recovery. We discussed this amazing cure at length and came to the decision that if chiropractic could do as much for the health of other individuals as it had done for our son we wanted to become chiropractors."

Dr. M. L. Stanphill [DC] recounts his experiences: "I had quite a bit of practice in 1918 when the flu broke out. I stayed in Van Alstyne (Texas) until the flu was over and had the greatest success, taking many cases that had been given up and restoring them back to health. During the flu we didn't have the automobile. I went horseback and drove a buggy day and night. I stayed overnight when the patients were real bad. When the rain and snow came I just stayed it out. There wasn't a member of my family that had the flu."

When he came to Denison, he said, "I had a lot of trouble with pneumonia when I first came. Once again I took all the cases that had been given up. C. R. Crabtree, who lived about 18 miles west of Denison, had double pneumonia and I went and stayed all night with him and until he came to the next morning. He is still living today. That gave me a boost on the west side of town." And when interviews of other old timers are made it is evident that each still vividly remembers the 1918 influenza epidemic. We now know about 100 million persons around the world died of the flu with about 500,000 Americans among that number. But most chiropractors and their patients were miraculously spared. Even today, we repeatedly hear about those decisions to become a chiropractor after a remarkable recovery or when a close family member given up for dead suddenly came back to vibrant health.

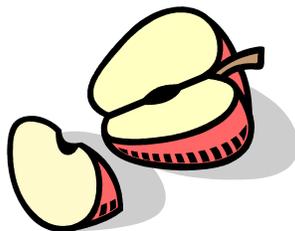
Some of these heroic chiropractors who served faithfully during the 1918 crisis went on to become the major characters thrust upon the profession's stage in the 20~~2~~ and 30~~2~~ and they had the courage, the background and the conviction to withstand all that would shortly be thrown against them [including being thrown in jail for practicing medicine without a license]. The publicity and reputation of such effectiveness in handling flu cases also brought new patients and much acclaim from people who knew nothing of chiropractic before 1918.

Chiropractic's journey into health care took a huge leap forward thanks to its incredible effect on thousands of Americans during the flu crisis. [2,3,4] When you get adjusted, you increase immune function, among many other benefits. An increase in immune function is important for everything from the cold and runny nose to influenza, cancer, and heart disease, not to mention the great enhancing effects on a healthy individual. This is why everyone should have their spine checked and adjusted if needed. An adjustment may stimulate your immune system to better fight off any challenge, including influenza.

Remember, regular visits to your chiropractor will assure that your body is always operating at 100% of your optimal health potential. And that is good news.

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Nutrition

Your Genes Do NOT Determine Your Destiny

It is said...Your thoughts influence your words, your words open the door for your actions, your actions set the stage for your habits, your habits make up your character, and finally, your character creates YOUR DESTINY.

Have you been told you inherited “bad genes” for heart disease, arthritis or some other condition. Since your parent or grandparent or both had/have a certain disease then you are going to struggle with the same health deficiency. Well change this destiny by changing the way you manage your health. Your genes may have been established since birth, but the expression of those genes will be determined by the choices you make to turn them on or keep them turned off. Scientist discovered that even damaged genes can be turned on/off by significant life choices which include physical, chemical and emotional stresses.

Great News! Your “destiny” is not to be unhealthy or suffer a specific “family” condition.

The Wellness Challenge is a series of steps to help you acknowledge and activate your inherent ability to be healthy and influence your genes to be the BEST YOU possible!

Who you are and what you become are directly related to the Pillars of Health utilized in the Wellness Challenge. The foundation begins with a strong, mobile and uninhibited nervous system. This is the reason for maintaining your Chiropractic adjustment schedule. On top of this foundation you build with daily movement, balanced whole foods, adequate clean water, sufficient rest and a positive mental attitude.

Combined, these healthy pillars on a strong foundation will allow you to express health in your genes as well as help you feel how you should feel when you are giving your best to be your best.

Experts suggest that you eat five to nine servings of fruits and vegetables per day!

Here are some examples of Fruits and Vegetables for you to refer to:

80%/20% - Food Theory for Healthy Living

Rule: Eat 80% alkaline forming foods and drinks and 20% acid forming foods and drinks daily for good health

Alkaline Foods		Acid Foods	
Vegetables Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Courgette Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Cucumber Broccoli Kale Brussels Sprouts	Fruits Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb Drinks 'Green Drinks' Fresh vegetable juice Pure water (distilled or ionised) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Non-sweetened Soy Milk Almond Milk Seeds, Nuts & Grains Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed	Meats Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon) Others Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey Convenience Foods Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food	Dairy Products Milk Eggs Cheese Cream Yogurt Ice Cream Drinks Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea Fats & Oils Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil
Fats & Oils Flax Hemp Avocado Olive Evening Primrose Borage Coconut Oil Oil Blends	Others Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli etc) Bragg Liquid Aminos (Soy Sauce Alternative) Hummus Tahini	Fruits All fruits aside from those listed in the alkaline column.	Seeds & Nuts Peanuts Cashew Nuts Pistachio Nuts
General Guidance: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 litres of clean, pure water daily (ideally enhanced with pH drops).		General Guidance: Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwave meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal!	



« Disease

Health »

Chronic pain
Behavioral disorders
Aggressive behavior
Learning disabilities
High medical bills
Reproductive disorders
Skin blemishes and spots
Easily injured
Frequently sick
Sleep disorders
Tired and fatigued
Irritable

Free of pain
Mental clarity
Stable moods
Accelerated learning
Low health care costs
Reproductive health
Clear, smooth skin
Easily healed
Rarely sick
Sound sleep
Sustained energy
Happy

Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial preservatives:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:



REEDCHIROPRACTIC

www.ReedChiroAZ.com

Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower



Water

By Dr. Joseph Mercola with Rachael Droege

How many of you have heard that we are dehydrated and need to drink at least eight eight-ounce glasses of water a day? I know that is what I have traditionally been exposed to. I used to advise that people follow an even more refined rule of thumb--for every 50 pounds of body weight you carry, drink one quart of spring or filtered water per day. This would increase daily water intake to 12 to 16 glasses for most of us. However, after a while I began to question this and I further refined my recommendations to use the color of your urine as a guide to how much water you should be drinking. As long as you are not taking riboflavin (vitamin B2), which fluoresces and turns your urine bright yellow (it is also in most multi-vitamins), then your urine should be a very light-colored yellow. If it is a deep yellow then you are likely not drinking enough water. So I was delighted to read in my Family Practice Newspaper that an Institute of Medicine Panel actually reached the same rational conclusion. They rejected the conventional wisdom that people need to drink eight glasses of water a day and concluded that on a daily basis people get enough water from normal drinking behavior, such as drinking beverages at meals and in other social situations, and by letting their thirst guide them. This is not to say that getting enough water isn't important. We can exist without food for months, but without water we can only survive for a few days. Your body is made up mostly of water, which:

- Is essential for digestion, nutrient absorption and elimination
- Aids circulation
- Helps control the body's temperature
- Lubricates and cushions joints
- Keeps the skin healthy
- Helps remove toxins from your body

Every day you lose water from the body through urine and sweat, and this fluid needs to be replenished. However, your body has come equipped with a mechanism that tells you when you need to replenish your supply--it's called thirst!

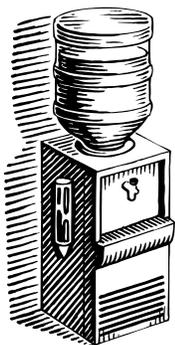
Let Your Thirst be Your Guide

When your body begins to lose from 1 percent to 2 percent of its total water, your thirst mechanism lets you know that it's time to drink some water. If you are healthy, then drinking whenever you feel thirsty should be an adequate guide of how much water you need. You can confirm whether you are drinking enough water by looking at the color of your urine, as mentioned above. Of course, if it's hot outside or you are engaged in exercise or other vigorous activity, you will require more water than normal so be sure to stay well hydrated in these cases. Additionally, as we grow older our thirst mechanism works less efficiently so older adults will want to be sure to drink water regularly, and again make sure their urine is a light, pale color.

Don't Overlook Water Quality

Perhaps the question we should have been asking for so long is not how much water should we be drinking, but what type of water should we be drinking? The answer is clean, spring water and filtered water--I do not recommend drinking tap water or distilled water. Contrary to the traditional belief, it's also important to avoid fluoridated water.

One of the most important steps you should take for your own health and the health of your family is to ensure the safety of your tap water supply. This will help you to determine what type of filter you need to make sure your water is free from heavy metals, bacteria and other harmful contaminants.



The reason why filtering your own water is so important is because you really want to avoid bottled water unless it is absolutely necessary as it is a huge strain on the environment. Plus, some bottled water may not be any cleaner than tap water. On a side note, remember to avoid storing your water in typical Nalgene bottles as they can leach an unsafe chemical called BPA into your water. I recently switched to the high-density polyethelene (HDPE) Nalgene bottles, which appear to be safer, to store my water when I go on trips and cannot use a glass bottle.

Rest

If you're like half of all adults, you may not be sleeping well and not getting the right amount of sleep. Today's fast paced society can make sleep seem like a luxury, not a need, but this is simply not true: you need quality sleep for good health. Sleep deprivation affects your health and well being, physically, mentally, and socially.

Sleep benefits:

- Immune system:** Sleep is essential to the immune system. Without adequate sleep, the immune system becomes weak, and the entire body becomes vulnerable to infection and disease.
- Nervous system:** Sleep is a time of rest and repair to neurons. Neurons are the freeways of the nervous system that carry out both voluntary commands, like moving your arm, and involuntary commands, like breathing and digestive processes.
- Hormone release:** Many hormones, substances produced to trigger or regulate particular body functions, are timed to release during sleep or right before sleep. Growth hormones, for example, are released during sleep, vital to growing children but also for restorative processes like muscle repair and healing.

Signs you may be suffering from sleep deprivation include:

- Difficulty waking up in the AM
- Increased clumsiness
- Poor performance in school, on the job, or in sports
- Difficulty making decisions
- Falling asleep during work or class
- Getting sick frequently
- Feeling especially moody or irritated
- Weight gain

Chronic sleep deprivation is also thought to cause long term changes to the body, which contribute to increased risk for obesity, diabetes, heart disease, and shortened life span.

Quotes:

Sleep is the chief restorer of life's feast. ~ *Shakespeare*

Fatigue has a larger share in the promotion and transmission of disease than any other single condition you can name. ~*James Paget, MD*



Stress Management

Positive Mental Attitude

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. The goal of stress management is to bring your mind and body back into balance. By adopting a positive attitude, learning healthier ways to cope, and changing the way you deal with stress, you can reduce its effects on your health.

Taking charge of stress:

Operating on daily red alert comes at the high price of your health, vitality, and peace of mind. But while it may seem that there's nothing you can do about your stress level—the bills are not going to stop coming, there will never be more hours in the day for all your errands, your career will always be demanding—you have a lot more control than you might think. In fact, **the simple realization that you are in control of your life is the foundation of stress management.**

- Learn to say “no”: Know your limits and stick to them.
- Avoid people who stress you out: Limit the time you spend with them or end the relationship all together.
- Take control of your environment: Turn off the News, leave earlier for an easier commute, go to grocery stores at slower times.
- Avoid hot button topics: Religion and politics - cross them off your conversation list.
- Re-think you to-do list: If you have too much on your plate cross off “shoulds” and stick to “musts.”
- Express you feelings: Don't bottle them up!
- Be willing to compromise: Find a happy middle ground.
- Be more assertive: Don't take a backseat in your own life.
- Manage your time better: Huge stressor! When you're stretched too thin or running behind, it's hard to stay calm and focused.
- Don't try to control the uncontrollable: Focus on the things you can control and the way you choose to react to problems.
- Look for the upside: As the saying goes “What does not kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contribute to a stressful situation, reflect on them and learn from your mistakes.
- Learn to forgive: People make mistakes. Let go of anger and resentments.
- Look at the big picture: Ask yourself how important it will be in the long run.
- Adjust your standards: Perfectionism is a major source of avoidable stress.
- Focus on the positive: When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help keep things in perspective.

More Stress Management Ideas on the next page '

Stress Reduction Ideas:

- Relaxation Time
- Connect with others
- Do something you enjoy
- Keep a sense of humor
- Go for a walk
- Spend some time in nature
- Talk to a supportive friend
- Sweat out tension with a workout
- Yoga
- Meditation
- Write in a journal
- Take a long bath
- Play with a Pet
- Work in your garden
- Get a massage
- Read a good book
- Listen to music
- Watch a comedy
- Play with your kids

Positive Attitude Ideas:

- Pay a complement to another person
- Do a nice thing for another person
- Practice optimism
- Meditation
- Say a positive affirmation 10 times
- Do a nice thing for a stranger
- Watch your internal dialog and change the words to positive ones
- Look for the silver lining in a negative situation or setback
- Reconnect with a friend-send a card or call just to say hi
- Thank someone for something that they have done for you
- Cook for someone

Research has shown that those who have a sunny outlook about the future tend to have better physical and mental health than those who are pessimistic.

As A Man Thinketh

by James Allen

Chapter Three

Effect of Thought on Health and the Body

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty.

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear have been known to kill a man as speedily as a bullet, and they are continually killing thousands of people just as surely though less rapidly. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body, and lays it open to the entrance of disease; while impure thoughts, even if not physically indulged, will soon shatter the nervous system.

Strong, pure, and happy thoughts build up the body in vigor and grace. The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it.

Men will continue to have impure and poisoned blood so long as they propagate unclean thoughts. Out of a clean heart comes a clean life and a clean body. Out of a defiled mind proceeds a defiled life and corrupt body. Thought is the fountain of action, life and manifestation; make the fountain pure, and all will be pure.

Change of diet will not help a man who will not change his thoughts. When a man makes his thoughts pure, he no longer desires impure food.

If you would perfect your body, guard your mind. If you would renew your body, beautify your mind. Thoughts of malice, envy, disappointment, despondency, rob the body of its health and grace. A sour face does not come by chance; it is made by sour thoughts. Wrinkles that mar are drawn by folly, passion, pride.

I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into inharmonious contours. The one is the result of a sweet and sunny disposition; the other is the outcome of passion and discontent.

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and good will and serenity.

On the faces of the aged there are wrinkles made by sympathy, others by strong and pure thought, others are carved by passion. Who cannot distinguish them? With those who have lived righteously, age is calm, peaceful, and softly mellowed, like the setting sun. I have recently seen a philosopher on his deathbed. He was not old except in years. He died as sweetly and peacefully as he had lived.

There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with good will for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, cynicism, suspicion, and envy, is to be confined in a self-made prison hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all - such unselfish thoughts are the very portals of heaven; and to dwell day to day in thoughts of peace toward every creature will bring abounding peace to their possessor.



Movement

How Many Pedometer Steps Per Day are Enough?

Classification of pedometer-determined physical activity in adults:

- 1.) Less than 5000 steps/day may be used as a "sedentary lifestyle index."
- 2.) 5,000-7,499 steps/day is typical of daily activity excluding sports/exercise and might be considered "low active."
- 3.) 7,500-9,999 likely includes some exercise or walking (and/or a job that requires more walking) and might be considered "somewhat active lifestyle."
- 4.) **10,000 steps/day** indicates the point that should be used to classify individuals as "active" and qualifies for **long term health** benefits/reduced chronic disease risk.
- 5.) **12,500 steps/day** indicates individuals that would be classified as "highly active" and would be support **sustained weight loss**.

Based on the best evidence by Dr. Catrine Tudor-Locke.

**There are many ways to increase your daily steps.
Use your imagination and come up with your own list:**

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Get outside to walk around the garden or do a little weeding
- Walk instead of riding during Golf
- Get up at work and walk to get water
- Walk over to co-workers desk, don't just use E-Mail

Continue to track your steps and keep notes on how you feel, how your body is improving, or other changes you notice as your health improves as you walk 10,000 steps a day!

3 Ways to Measure your Walking Intensity

1. Use the 'Talk Test' to measure your walking intensity

Talk, talk, talk... Perhaps, the quickest and easiest ways to measure your intensity is simply talk out loud while walking. Use this guide to determine if you're walking fast enough.

*If you can sing your favorite song or talk to your walking buddy with-out noticing an increase in your breathing, you are not walking hard enough.

*If you can walk and carry on a conversation and notice your breathing you are walking at a moderate pace.

*If you can walk and carry on a conversation but you need to breathe deeply every few words you are walking at a 'brisk pace'.

*If you are walking and cannot hold a conversation at all - you need to slow down!

2. Use the Perceived Rate of Exertion (PRE) to measure your walking Intensity

On a scale of 1 - 10 rate your intensity! Imagine, 0 = doing nothing at all and 10 = the most taxing physical effort you can remember! Now, rate your level of intensity somewhere in between.

Some examples of Perceived Rate of Exertion

0-1 Sitting on the sofa watching TV

2-4 Walking to the bus stop

5-7 Vacuuming the house, mowing the lawn

7-9 Walking up the stairs at work/ walking the dog (at his pace)

10 Washing the car

Use this guide to determine if you're walking fast enough. Generally your walking intensity will fall between PRE of 5 - 9, 5 being your walking pace when you're out window shopping, what I consider a stroll. When you reach PRE of 9 you are walking with everything you have-very fast pace! Will you ever hit 10? There is a 10 but not many people will experience what I call a 'true 10', until you are fitter and you really know your body 'limits'!

3. Use your Heart Rate to measure your walking Intensity

More scientific than the Talk Test or Perceived Rate of Exertion, measuring your hearts beats per minute is the best way to judge intensity.

How to Measure your Heart Rate

Finding your pulse... Here are 3 ways to measure your Heart Rate (pulse), you will need a watch with a second hand or a digital watch.

- **Wrist-(Radial Artery) Pulse** can be felt in-line with the thumb on the wrist. Place tips of index & middle finger and press down slightly, do not use the thumb as it has its own pulse.
- **Neck-(Carotid Artery) Pulse** can be felt straight down from the chin and slightly to the right below your jaw line. Place tips of index & middle fingers and press down slightly. Feel for the pulse. You are now going to count your pulse beats for 10 seconds. You then multiply the number of beats you counted by 6 and Hey Presto! You have your beats per minute. (You need to take your pulse within 5 seconds of stopping walking/exercise).
- **Heart Rate Monitor-** Like all tools, gadgets and appliances, whatever their price tag - they are expensive if you don't use them. Heart rate monitors are no different. Most monitors come with a chest strap and a monitor (similar to a wrist watch). They vary in price and functions considerably. I use mine all the time, I often walk by myself and it is like having your own Personal Trainer walking with you as it gives you constant feedback on how well you are doing (or not doing!).

Find your Maximum Heart Rate (MHR)

Your maximum heart rate is as fast as your heart can beat. This varies from person to person, but age is generally used as a guide. This formula is the most widely used approximation for finding your MHR is 220 minus your age. (The figure 220 is because an average 20 year old has been found to have a maximum rate of 200 beats per minute (bpm) which typically decreases about 1 bpm per year.) Example: If you are 42 years old the calculation will be $220 - 42 = 178$. Your MHR is 178 beats per minute. Once you have calculated your MHR you are ready to calculate your Training Heart Rate and match your health goal to the correct intensity.

Get in the Zone - Target Heart Rate (THR)

Walking, cycling, swimming no matter the activity for the most effective training session you must work within the correct training zone. Put simply, in order to lose weight and/or increase fitness you need to walk or exercise within a certain heart rate. The Target Heart Rate you are aiming for to 'walk briskly' is between 60% - 80% of your maximum heart rate.