

Healthy Wednesday Club

Newsletter Issue 1



February 6, 2008

Hello and welcome to an exciting New Year. Our logo reminds us of the wonderful opportunity we have to benefit from the cornucopia of healthy nutritious foods in Australia and the image of Mercury reminding us to be fleet of mind and fleet of foot. He carries a staff of entwined snakes which is the symbol of healing AND he is also the patron of business and commerce - a perfect mascot. All these combined is the message and inspiration of the Healthy Wednesday Club.

Remember to make Wednesday, at the very least, a day that puts your wellbeing as the top priority. Do at least one of the activities in the newsletter and let your mind wander beyond the usual. The very first and simplest activity for this Wednesday is to smile at someone who is not expecting it. One suggestion is that when you get your change or receipt from the person behind the cash register, look up from the money in your hand, look them in the eye and give a thankful smile. It can be a pretty thankless job at the checkout. Your smile could change their day – and yours, too!

BRAIN FACTS

The brain is made up of around 100 billion neurons. A neuron is a cell with a long projection called an axon. The end of each axon splits up into dendrites. Each neuron makes a number of connection to other neurons from dendrites across synapses. Some neurons have only a small number of dendrites. It can be as few as half a dozen, but it can also be as many as a million (in the cerebellum). The average is around 10-20,000 connections per neuron. Multiply 100 billion by 20,000 and you get an idea of how many connections there are in our head!

BODY FACTS

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.

Banging your head against a wall uses 150 calories an hour.

The strongest muscle in the human body is the tongue.

A sneeze can blast out of your nose at a speed greater 100 mph

Healthy eating:

Freshen up your breakfast cereal with a handful of nuts and fruit. The fruit can be fresh or dried. Be inventive to suit your taste. (Be mindful of any food allergies or other personal health issues e.g. it may not be good to eat nuts if you suffer from diverticulitis).

Buying the ingredients separately is much more fun than a pre-prepared pack, but if you're really rushed, that's better than not doing it.

Here's a suggested 'nutty' recipe:

plain almonds
pumpkin seeds
walnuts
sunflower seeds
dried goji fruit
fresh blueberries
(all can be bought at the local supermarket)

Just put a handful on a bran rich, low GI cereal. Add a little yogurt for extra taste and/or a little skim milk. Yummy!

Call now on **02 9231 2133** and Join our **Healthy Wednesday Club** call now.

HEALTHY WEDNESDAY ACTIVITIES

Try to do just one, if not all, this Wednesday

Exercise: Use the stairs instead of the lift – even for a few floors. Do this ALL day

Mind: While walking up the stairs, imagine that you are climbing a hill in somewhere interesting or exotic - perhaps the path in Positano or a hill in New Caledonia or the stairs in the Empire State Building. Who is climbing with you? Is it people, animals or something more fantastic!

Soul: Remember the smiling exercise in the newsletter introduction? Make a connection with someone today, even just for a moment or two, but allow yourself to really feel that something has been shared. It will do your soul good.

FOOD FOR THOUGHT

More than 2/3 of obese people live in the developed world. Despite there being enough food for everyone on the planet to eat, there is still an enormous imbalance. While some throw away food, others go hungry. Still, it must be recognised that poverty as an expression of food availability has changed dramatically since the industrial revolution. 200 or so years ago nearly 5/6^{ths} of the world population was unsure if they could find their next meal. Today only 1/6th still suffer from this life threatening problem. Progress has been amazing, but the picture is not necessarily as rosy as the figures show. 1/3 of obese people are in developing countries. That is around 115 million people. All too often the calorie rich diet is caused by the developed world dumping second rate food. Turkey tail and mutton flaps are high fat meats that are rejected in the richer overseas markets. In Tonga, which has an obesity rate of 77%, healthier protein options such as locally caught fish were between 15% and 50% more expensive than mutton flaps. Fiji went to the dramatic action of banning these products only to be threatened with a complaint to the World Trade Organisation.

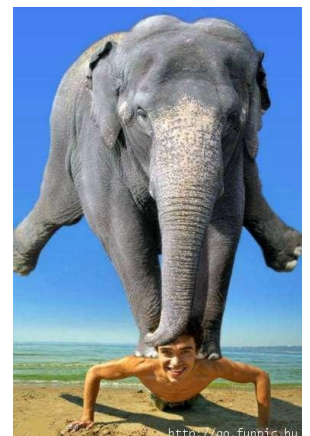
There are great things being done, but there is still much to do. Social change starts with the beliefs and ideas of the people. The Healthy Wednesday Club doesn't have to get directly involved in world politics to create healthy change, we can begin with ourselves and let the ripples flow. As Gandhi said, "Be the change you want in the world".

Looking forward to sharing more thoughts, suggestions, news and making a very Healthy Wednesday connection with you!

Take Care,

The Healthy Wednesday Team

Exercise is good,
but don't over do it!!



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