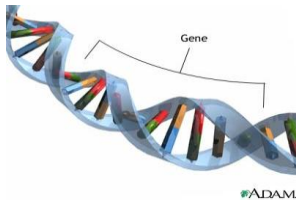


# Genetics, Lifestyle & Health

## Who gets sick and who stays well?



## The Golden Rules for Getting Started

1. **Remember that health is all about CELLS.** You are an ecosystem of cells all working together constantly striving for health and balance. All you need to do is provide your cells with everything they need and not poison them with toxicities and you will float gently down the stream towards great health.
2. **Add healthy things first!** The biggest reason that so many attempts to improve health fail is because people try to give up things they love before they are ready. Rather choose to add a healthy activity / food choice. As you begin to feel the benefits you will have greater ability to let go of the unhealthy habits – they will fall away like leaves in the autumn.
3. **Consider how our ancestors lived.** If they could have taken part in the activity or eaten the food choice you are considering – go for it! If it wasn't available to them – think twice.
4. **Focus on what you ARE willing to change.** There may be many lifestyle choices that you are either unwilling or unable to change right now – that's fine! Let's focus on what you ARE willing to change.
5. **Always look forward to your next choice as an opportunity to improve your health.** Decide not to waste the time and energy feeling guilty about past choices. Guilt will never serve you.

## You've got a Deal!

The success of this workshop series is based on smart and sustainable lifestyle *change*. This means that in order to see the benefits we have been talking about, you will have to make some changes. At each workshop we will be asking you to commit to one healthy lifestyle change that you know you can stick to until the date of the final talk in the series. What you change is up to you. We suggest though that for the first few weeks you choose to add new healthy choices saving the giving up of unhealthy choices for later in the programme. To help you keep focused on your commitments you can keep track of them here.

### Genetics, lifestyle and health

Commitment: \_\_\_\_\_

### Move for life

Commitment: \_\_\_\_\_

### Eat for life 1

Commitment: \_\_\_\_\_

### Eat for life 2

Commitment: \_\_\_\_\_

### Think, Feel & Be for life

Commitment: \_\_\_\_\_

## Tracking your progress

One of the greatest factors in maintaining your motivation for ongoing healthy lifestyle change is to see measurable change in your health status. It is best to take a series of measurements at the beginning of the 10 week workshop series and then again at the end, but not during. For those who would like to, here are some simple measurements you can take at home to track your progress;

- Waist to hip ratio – Measure your waist at its narrowest part (usually around the belly button or just above it). Measure your hips at their widest part around your buttocks. Divide the waist measurement by the hip measurement. Men are aiming for a ratio of 0.95 or below and women for 0.80 or below.
- Photos – take photos of yourself from the front, side and back as well as close-ups of your face from the front and side.
- Monitor the quality of your sleep & energy levels – do you fall asleep more easily, stay asleep longer and wake up feeling refreshed? Do you have more energy during the day?
- Monitor the quality of your skin – is your complexion clearer or does your skin feel softer?
- If you have a blood pressure &/or blood glucose monitor at home you could include these measurements.