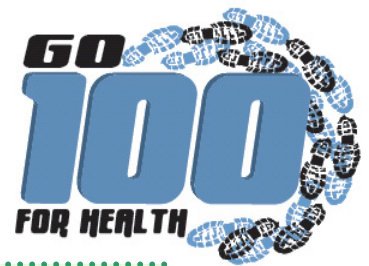


GO 100 For Health



Community-wide Challenge!

Week 13



The Pursuit of truth and beauty is a sphere of activity in which we are permitted to remain children all our lives.

~ Albert Einstein

Maintenance Tips for after the challenge...

Maintaining healthy behaviors after the challenge is a hard task, because you have to motivate yourself. Try these quick tips from Exercise.about.com, for squeezing in a workout even when you only have minutes to spare:

- ❖ Bring a workout plan with you. Plan a 10-minute routine you could do right in your bedroom. For example, you could choose 10 exercises and do each for 1 minute (squats, lunges, pushups, jumping jacks) or check out the holiday workouts below for other ideas.
- ❖ Bring resistance bands. They travel well and you can use them for quick strength exercises whenever you catch a few minutes.
- ❖ If you have a laptop, bring along a workout DVD or try streaming workouts online such as those offered by demandFitness.
- ❖ If guests are staying with you, move your equipment (weights or bands) into your bedroom so you can sneak in some exercise at night or in the morning.
- ❖ Wear your running or walking shoes as much as you can. You may find a 20-minute window when people are napping or before dinner for a quick walk or run.
- ❖ You may even want to invite some family members for a walk. Sometimes there are others who'd love to workout, but they're just waiting for someone else to step up first. Walk as much as possible. Take extra laps at the mall, use the stairs, volunteer to walk the dog.
- ❖ If you're hanging out with kids, set up a game of football, tag or hide and seek.
- ❖ Offer to help with the housework, shoveling snow or raking leaves.
- ❖ If everybody's sitting around watching football, get on the floor for some situps or pushups. If that's too weird, try isometric exercises -- squeeze and hold the abs, the glutes or even press the hands together to engage the chest.
- ❖ If you don't have equipment, pick up some full water bottles or soup cans for quick lateral raises or overhead presses. Something is always better than nothing.

Physical Activity & Longevity

According to Naturalnews.com, a Swedish study that was recently published in the *British Medical Journal* has given those who have reached or passed middle age, hope and encouragement to begin a new healthy lifestyle. They discovered that starting a solid exercise regime after the age of 50 can raise one's level of longevity to that of those who have been exercising regularly all along. For men 50 years or older, Moderate physical activity levels led to 1.3 years more in total life expectancy and 1.1 years lived without cardiovascular disease. High levels of physical activity added 3.7 years to life expectancy and 3.2 more years lived without cardiovascular disease. For women 50 years or older, Moderate physical activity levels led to 1.5 years more in total life expectancy, and 1.3 more years lived without cardiovascular disease. High levels of physical activity added 3.5 years to total life expectancy, and 3.3 more years lived free of cardiovascular disease. With the onset of middle and then old age, health, wellbeing and vitality deteriorate as the



bodily engine begins to wear out; to some extent. The truth is, we can reverse the damage done earlier, and raise our level of health to that of those who have been living healthily throughout the years. The authors of the study, recommend that everyone would benefit from adopting an active lifestyle, and that even moderate levels of activity will help people enjoy a healthier and longer life. As they report, "Our study suggests that following an active lifestyle is an effective way to achieve healthy aging."

Featured Stretch: Front Plank

Lie on stomach, face down. Place hands directly under shoulders, palms down. With toes curl under, place heels together. Push up to a full plank; from head to toe, do not sag through center. Complete 5 breaths and lower your self down to first position.

