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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

You Can Be Active at Any Size

By Michael Hallinan

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For large people, getting more active can be a daunting challenge. Just walking to the corner can take all the energy you have. But that's the key: You do what you can and build from there.

The National Institute on Diabetes and Digestive and Kidney Disease, part of the National Institutes of Health, explores the special challenges of the obese in its booklet, *Active at Any Size*.

"Very large people face special challenges in trying to be active," the NIDDK notes. "You may not be able to bend or move in the same way that other people can. It may be hard to find clothes and equipment for exercising. You may feel self-conscious being active around other people. Facing these challenges is hard—but it can be done!"

The booklet describes activities that very large people can undertake, and it takes special care to include non-weight-bearing activities such as water exercise and bicycling, to avoid stressing knee and ankle joints.

The NIDDK's points for getting started and keeping at it pretty much apply to people of all sizes:

1. Start slowly. Your body needs time to get used to your new activity.
2. Warm up. Warm-ups get your body ready for action. Shrug your shoulders, tap your toes, swing your arms, or march in place. You should spend a few minutes warming up for any activity—even walking.
3. Cool down. Slow down little by little. If you have been walking fast, walk slower to cool down. Or stretch for a few minutes. Cooling down may protect your heart, relax your muscles, and keep you from getting hurt.
4. Set goals. Set short-term and long-term goals. A short-term goal may be to walk 5 minutes at least 3 days for 1 week. A long-term goal may be to walk 30 minutes most days of the week by the end of 6 months.

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5. Track progress. Keep a journal of your activity. You may not feel like you are making progress but when you look back at where you started, you may be pleasantly surprised!
6. Fit activity into your daily life. Plan ahead and try to be active when it works best for you.
7. Get support. Get a family member or friend to be active with you. It may be more fun, and an exercise buddy can cheer you on.
8. Have fun. Try different activities to find the ones you really enjoy.

"If you can't do an activity, don't be hard on yourself," the NIDDK suggests. "Feel good about what you can do. Be proud of pushing yourself up out of a chair or walking a short distance. Pat yourself on the back for trying even if you can't do it the first time. It may be easier the next time."

You can see an online copy of the "Active at Any Size" booklet at:

<http://www.niddk.nih.gov/health/nutrit/activeatanysize/active.html>

Michael Hallinan overcame a lifelong obesity, and the midlife discovery of health and fitness so changed his life that he established a coaching practice specializing in helping others find their own healthy way to a healthy weight. For more helpful tips, subscribe to the Healthy Weight Newsletter. For past issues and to subscribe see www.healthyweightcoaching.com/Ezine.htm

Get Your Kids Moving

By Laura S. Garrett, RD, LD

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Are your children active? Inactivity among children is becoming an epidemic. Motivating your children to be active not only improves their health now, but it will also benefit them later in life.

Here are some facts:

- * Lack of exercise is a major reason for the growing rate of obesity among children. Rather than letting your child watch TV all day, encourage him to spend time each day in play that requires him to be physically active.
- * Exercise can strengthen children's bones, something they will benefit from as adults. Children who participate in weight-bearing impact sports such as running, gymnastics, tumbling, and dance have higher bone density than children whose major activity is a non-weight-bearing exercise such as swimming.

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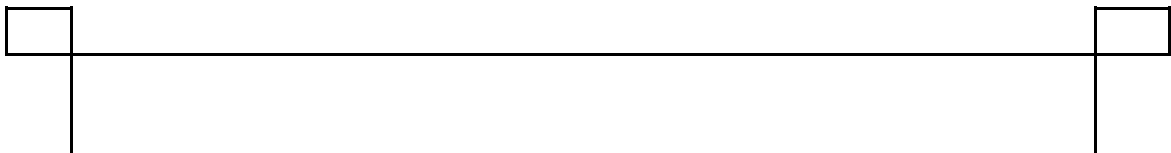
* Active children may increase their chance of becoming healthy adults. Children who enjoy being active are more likely to develop the lifelong, healthy habit of being physically active. Physical activity decreases the risk of obesity, cancer, diabetes, high blood pressure, stroke, and heart disease later in life. Simply put, people who are active on a regular basis tend to live longer than inactive individuals.

If you think getting your child to be more active is impossible, you just need to think "fun". Encourage your child to ride a bike, swim, or play ball with friends. Get your child involved in school organized sports and physical education classes. Most importantly, become a role model. If your child sees you laying around or always sitting in front of the television or computer, it will be hard for him to know any better. Get the whole family involved in games, bicycling, or other active play. If you get involved, your child will, too.

Written by Laura S. Garrett, RD, Registered Dietitian, Fitness Trainer, & Owner of www.NutrActive.com –Serving your Complete Nutrition & Active Lifestyle Needs Contact via e-mail: Laura.RD@NutrActive.com Weight Loss/Fitness Programs & Diabetes Specialist [Also Specializing in Vitamin/Mineral/Herb Supplementation] Subscribe to our free weekly ezines for tips on how to lose weight, tone muscle, prevent disease, & cook healthy: subscribe@nutractive.com



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