

# healthy lifestyle

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# appendix

## being prepared

**Please Note:**

These notes are provided in advance of *Session One* to allow you to adequately prepare for the physical activity component of *Healthy Lifestyle*, which commences in *Session Two*. The notes will be discussed during *Session One* by your facilitator.

## first steps

An integral part of the *Healthy Lifestyle* program is physical activity. Each time we meet we will be spending 30-45 minutes exercising. This will involve several different types of activities including walking, weights and 'fitball.' To make this time beneficial for each person, we ask that you come prepared for this part of the program.

### Clothing and Equipment

The following will be needed each week:

1. **Comfortable loose clothing.**  
Several layers so that when you become warm you can remove a layer.
2. **Good walking shoes.**  
This is a very important part of making your exercise enjoyable, safe and successful.
3. **Socks**  
These should be comfortable and well fitted.
4. **Rainproof jacket with head cover.**  
We will be walking come rain, hail or shine!
5. **Sports bra**  
Some may find this is necessary for comfort especially when they increase to a faster pace.
6. **Light hat for shade or warmth.**
7. **Bottle of water.**
8. **Towel.**
9. **A set of light hand weights between ½ -2 kg (1-5 Lb)**  
Whatever you can purchase or borrow for the remaining 9 sessions.
10. **A 'fitball' (anti-burst).**  
The loan of a fitball from a friend would enhance your experience of the program.
11. **A pedometer (optional)**  
Although optional, a pedometer is a significant advantage to those able to obtain one. Your *Journal* provides a place to keep track of your daily steps.

#### Please Note:

Each week we will spend some time planning our exercise for the week ahead, so please bring your *Healthy Lifestyle Journal* and a pen.

# footwear

## Fitting and Choosing New Shoes

Choosing shoes can be very confusing, with all that is on the market and the wide variety of price, but remember that the more you spend does NOT necessarily mean the better the shoe.

You can seek advice from some of the better known stores and get them professionally fitted. SHOP AROUND for the best price as this can vary significantly.

When fitting new shoes follow these guidelines:

- Fit when feet are warm and fully expanded
- Wear sports socks
- Fit to the longest toe and allow ½ to 1 cm for foot slide
- Width – avoid tight fitting shoes, a little wider is better than too firm
- Check for adequate toe room height when front part of sole hits the ground
- Make sure to fit both shoes. If one foot is larger, buy slightly larger shoes rather than smaller ones and use inserts.
- Don't allow fashion to unduly influence your judgement

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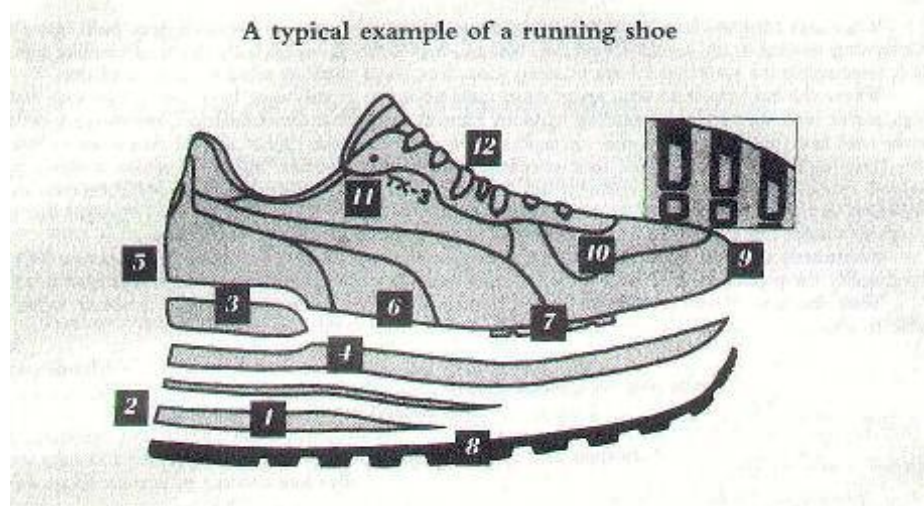
*Before choosing your new shoes you should look at how your last pair has worn, since it gives you hints as to the features you need.*

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A particularly useful tip is:

- If the heel counters lean inward (see diagram, No.3) you will probably need shoes with anti-pronation design to stop the foot rolling inward. If this goes unchecked it can lead to problems with knees, Achilles tendon or shins.
- If the heel counters lean away from each other, you may have high arches and/or very inflexible feet. You will probably need a shoe that does not limit motion at all, but has excellent shock absorption and a good arch support to help prevent Achilles strain, stress fractures, hip, knee and low back problems.

To help you negotiate through the wide range of shoes available the following information may prove useful.



### **1 & 2 Heel**

- Should be cushioned for extra shock absorption
- Slightly flared heels provide greater stability on foot strike
- Hard rubber heel wedge larger on inside protects from pronation (inward rolling of foot)

### **3 Heel counter**

- Should be firm and strong to provide adequate rear foot support
- Protects against over pronation (inward rolling of foot) by being higher or firmer on the inside

### **4, 6 & 7 Mid-sole**

- Determines the amount of shock absorption
- Greater shock absorption required for running/walking on hard surfaces
- Heavier athletes need more shock absorption
- Front part of the sole should flex easily to 45 degrees, particularly for running
- If stiff from heel to toe, will give great stability, if softer will give flexibility

### **5 Inner Sole & Tab**

- Tab should not cause pressure on the Achilles tendon
- Inner sole should have a comfortable arch-support which shapes to your foot
- If carbon based or rubberised will provide further shock absorption

### **8 Outer-sole**

- Provides traction between the shoe and the running surface
- Lightweight and hardwearing carbon based material with good amount of tread for safety.

### **9 & 10 Toe-Box**

- Sufficient height to eliminate toe crowding and bruised toes
- Reinforced toe for longer wear
- Breathable material helps moisture to escape and keep foot cool

### **11 Reflective Material**

- Makes safer for night time exercising

### **12 Variable lacing**

- Accommodates different foot widths and prevents foot slide and blisters

# water

Adequate hydration of the body is important at all times, but requires special attention when exercising.

Water makes up 60-65% of our body. It is such a vital component of our body, making up 83% of our blood, 76% of our muscles, 75% of our brain, and even 25% of our bones.

## Water is necessary for the body to:

- Regulate body temperature
- Maintain cellular health
- Process waste and prevent constipation
- Lubricate joints, eyes and mucous membranes

It is vital to every physiological aspect of the body, including all chemical reactions, digestion and metabolism.

## What it won't do!

Water, though essential, won't cure ulcers, diabetes, or arthritis. Nor will it lower blood pressure or prevent heart attacks, as some people claim! There is evidence, however, that it can help prevent bladder and colon cancer.

## How much water is enough?

You need to replace the fluid you lose. How much this is varies from person to person as everyone has a different metabolism, body size, diet, activity level, and working environment. Larger people, more active people, and those living in hotter climates need more water.

### Please Note:

If you drink water from a bottle, be sure to refill or replace it often. Every time you drink, bacteria from your mouth contaminate the water. Wash water bottles regularly in hot, soapy water.

## Dehydration

During all activities (even sleep) you continually lose water - through urine and faeces, via sweat, and from the lungs. The equation is simple: if you don't replace the water you lose, you become dehydrated.



For most people, thirst is a fairly reliable reminder of the need to drink. Ignore this signal and you will begin to dehydrate. For those people who don't readily experience thirst, other signs include: infrequent urination, and urine of a low volume and dark colour. If you don't urinate every few hours, and the urine you produce is much darker than usual, you have probably started to dehydrate. Dehydration occurs when there is a loss of more than only 1% of body weight in water (*If you weigh 65kg, for instance, a one per cent loss equals 650ml water or just over half a litre*).

Some early symptoms of dehydration include headaches, fatigue, irritability, loss of appetite, nausea, and fainting.

During exercise, dehydration increases your perception of effort for the same workload (everything feels harder), and significantly affects sports performance. Dehydration also reduces mental function and motor skills (e.g. tennis serves) especially if the activity is undertaken in the heat.<sup>1</sup>

### **How can I increase my water intake?**

- Fit a water filter to your tap to improve the taste
- Fill a jug, or water bottle with the amount you need for the day
- Spread your water intake over the day, and don't try and drink a litre first thing in the morning or before going to bed
- Add a few slices of lemon, orange or lime
- Add ice blocks
- Use a fancy glass or trendy sports bottle  
(Some sports bottles come with an insulated cover to keep the water cold)
- Use a drinking spout/pop top for ease of use
- Increase the amount of water you drink gradually. It takes time for your bladder capacity to adjust

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*Don't wait until you're thirsty; take small sips throughout the day.*

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<sup>1</sup> J. Hawley and L. Burke, *Peak performance: Training and nutritional strategies for sport* (Crows Nest, NSW: Allen & Unwin, 1998).

**What about sports drinks?**

When **exercising for health reasons** as part of your daily physical activity, water is the best and most effective way to re-hydrate.

If **exercising for weight loss**, consuming sports drinks can inhibit the amount of fat burnt during the physical activity due to the ready supply of carbohydrates (sugars) in the drink, which is preferentially utilised as fuel. Constant use can also have a damaging effect on your teeth.

However, during **prolonged exercise** the additional carbohydrate and electrolytes can be beneficial, both for maintaining endurance (more fuel) and for recovery of fluids lost through dehydration.<sup>2</sup> So save your sports drink for the extra hot day and for help in achieving the best sports performance.

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<sup>2</sup> L. Burke and V. Deakin, *Clinical Sports Nutrition*, Second Edition (NSW: McGraw Hill, 2000).